WARM UP ON A CHILLY AUTUMN EVENING
ONION SOUP WITH AN EARTHY TWIST {page 17}

BIG FIX?
KUTCHER, MOORE REPORTEDLY SEEK MARITAL HELP {page 13}

CALGARY metro®
Monday, October 3, 2011
www.metronews.ca
News worth sharing.

PRE-SEASON PASS SALE
Starting from $599
Adults Save $130
Pays for itself in 10 days
Exclusive Pass Benefits
Sale Ends Oct. 15th
Buy at skilouise.com
Lake Louise
The Rockies' Biggest. Canada's Best

Pink. Power

▶ Clockwise from top left: Baylee Frissell, Ashley Aliche, Kate Maguire, Nicole Quinn, Meagan McIlwrick, Alex Scoular and Angela Braid take part in CIBC Run for the Cure yesterday.

KATIE TURNER/METRO

Thousands attend CIBC run

More than 7,000 participants walked and ran the course in yesterday's CIBC Run for the Cure and a total of about 9,000 people attended the event. Nearly $1.58 million was raised in Calgary and across Canada, and more than $30 million was donated. For more on breast cancer, see pages 21-23 and go to metronews.ca/calgary.

Redford plays down X factor

The premier-designate says she's a winner due to her party's platform, not gender ◐ Election expected in next 12 months: Redford

Alison Redford, set to become the first female premier of Alberta, downplayed the gender issue yesterday, saying party voters marked Xs not for an X chromosome but for a broader desire for change.

"A little bit of what happened yesterday was that our politics caught up with who we are," Redford told a late-morning news conference, about nine hours after she was declared the winner in the bleary, wee post-midnight hours at an Edmonton convention centre.

"(Alberta) is demographically diverse, (with the) number of people in our province who are new to our province who have decided to build their lives here and their future here."

She will be the 14th premier of Alberta when sworn in. The date for the swearing-in has not been set, but Redford said, "I'd rather do it sooner rather than later."

Premier Ed Stelmach has already tendered his resignation effective Oct. 1.

The 46-year-old rookie legislature member, representing former premier Ralph Klein's old riding of Calgary Elbow, delivered a stunning come-from-behind victory to defeat the heavy favourite, Gary Mar.

The victory, she admitted, was bittersweet given that she had to deal with the sudden death of her 71-year-old mother, Helen, four days before the party vote.

"Someone said to me today, 'Is there anyone you want to call this morning (to share in the victory)?' and I said, 'Yeah, my mom.'"

Redford's victory was shocking given she had the support of just a handful of caucus members and none of the heavy hitters in cabinet. Many of them are male and most of them supported Mar.

"How do you think they're going to respond to being led by a woman?" a reporter asked her.

She laughed.

"I know a lot of them, and I never actually had the sense that was something that impacted their decision on what they thought of me as a leader."

THE CANADIAN PRESS

Harper's message

In Ottawa, Prime Minister Stephen Harper sent congratulations.

▶ "I look forward to working with Premier-Designate Redford on issues that matter to Albertans and all Canadians, including the challenges posed by the current global economic climate," said Harper in a news release.

▶ Alberta opposition NDP Leader Brian Mason said while his party has a lot of concerns with Tory policies, it was refreshing to see a woman in the premier's chair. "I want to say that even though I want her job, I'm kind of stoked that a woman won," said Mason.

Why settle for old technology? Get LASIK!
Before MP3s
Before Laser Vision Correction
Laser vision correction starting at $490/eye*
LASIK MD VISION
FREE Consultation: 1-877-554-9888
www.lasikmd.com
CALGARY: 734 7th Avenue SW, Suite 400
* Prices are subject to change without prior notice and vary based on prescription strength. Custom LASIK starting at $1,690/eye. Applicable to surgery on both eyes only. Other conditions may apply.

HOME OF THE

ROCK BOTTOM DEAL

OVER 500 USED VEHICLES

CMPAUTO.COM

Luxury Lane

2011 GMC Sierra 2500HD Denali

~~Was: 64,500~~

$62,500

Rare, Super Charged 556HP

2008 Mecedes-Benz C230

~~Was: 29,995~~

$27,995

7 Speed Automatic, AWD

2011 Chevrolet Camaro

~~Was: 45,995~~

$43,995

Leather Interior, 6.2L V8!

2010 Cadillac Escalade Luxury

~~Was: 59,995~~

$57,995

Four choices, Voice Navagation

2011 GMC Acadia Denali

~~Was: 54,995~~

$51,995

AWD, Sunroof

2010 Chevrolet Tahoe Hybrid

$47,995

Heated leather seats

2010 Chevrolet Equinox LTZ

$31,995

Air conditioning

2011 GMC Acadia SLT-1

$39,995

Stow away rear seats

2005 GMC Sierra 1500 SLE

$19,995

5.3L V8, 295 HP

2011 GMC Sierra 1500 SLE1

$32,995

Air cond., Cruise control

2006 Ford E-250 Commercial

$19,995

4 spd automatic transmission

2009 Chevrolet Tahoe LT

$31,995

All wheel drive, 320 HP

2007 Chevrolet Tahoe LS

$31,995

Cruise control, Trailer hitch

2010 Cadillac Escalade Luxury

$56,995

Leather seats, Voice Nav.

2010 Chevrolet Traverse LT

$27,995

AWD, Automatic transmission

2010 Dodge Ram Laramie

$36,995

Power steering, W/ Ram Box

2008 Buick Enclave CXL

$21,995

3.6L V6, 275 HP

prices do not include taxes and fees, errors and omissions exempt

REBUILD YOUR
CREDIT
Credit Hotline 1-866-319-2698
• BANKRUPTCY • DIVORCE • NO CREDIT
• NEW CREDIT • BAD CREDIT •
EASY & FAST APPROVALS
SCAN NOW AND GET PRE-APPROVED TODAY

CMP GM
CHEVROLET Cadillac BUICK GMC

CORNER OF 16TH AVE & 36 ST. N.E.

Local Sales Hotline

1-403-705-8381

AMVIC LICENSED

GM Optimum CERTIFIED USED VEHICLES
Canada

- Manufacturer's warranty
- 150 + Point inspections
- 30 day/2500 km no-hassle exchange privilege
- 24-hour roadside assistance

Bar closed at time of shooting: Owner

- One man dead, another injured in incident near Tomkins Park
- Autopsy scheduled for today

JEREMY NOLAIS
@METRONEWS.CA

Thousands of passersby were shocked yesterday to see a body lying on the ground near a busy southwest Calgary park in what will likely be declared the city's sixth homicide this year.

But the owner of a bar police initially believed could hold clues to what happened said he had already closed and was cashing out when shots were fired at about 4:30 a.m.

"We just heard a couple sounds and thought somebody had thrown a bottle at somebody," said Shaveen Bali, owner of Fire 'N' Ice lounge in the 800 block of 16th Avenue Southwest.

"We looked out the window and a little further down it looked like somebody was passed out."

As it turned out, the person Bali saw had been killed. His tarp-covered body remained on scene for much of the day while investigators scoured the area.

Police Staff Sgt. Grant Miller said earlier in the day investigators believed the victim had been in the lounge just before the incident and that it had been legitimately open afterhours, but Bali denied that claim.

Fiona Digennaro, owner of nearby Borgo Trattoria, expressed concern over some of the late-night activities in Tomkins Park, which is directly in front of Fire 'N' Ice and her restaurant.

"We only opened three weeks ago," she said. "There have been some fights and things like that."

Police jotter

- **At least one bullet** whizzed across 17th Avenue Southwest and struck the window of a Chocolates by Bernard Callebaut shop, police said.
- **Police are searching for a** suspect described as a black male, six-foot-two to six-foot-four, wearing dark pants and a light-coloured hoodie.
- **The identity of the** deceased has not been released, pending the results of an autopsy today. A person who was injured in the incident was treated in hospital.

JEREMY NOLAIS/METRO

▶ Investigators remove a man's body from the scene of a shooting yesterday in the 800 block of 16th Avenue Southwest.

Runaway vehicle leaves trail of destruction

At least two people were hurt and five vehicles damaged as a wayward vehicle sped down a busy southwest Calgary road this morning.

At about 11 a.m., witnesses reported that a vehicle headed down a hill on 14th Street Southwest near 17th Avenue lost control, smashed into other vehicles as well as a storefront and narrowly missed a group of six people.

Police Insp. Paul Stacey said it is believed the driver suffered a seizure. Only minor injuries were reported on scene. JEREMY NOLAIS

JEREMY NOLAIS/METRO

▶ A fire crew cleans up.

News in brief

Inmate nabbed in B.C.

ON THE LAM. RCMP have captured an inmate who escaped from the Wabasso work camp near Jasper. Dennis Haines was arrested near Christina Lake, B.C., yesterday. He was on the loose since Sept. 26. METRO

Arson unit probes blast

GROW OP. Police are working to determine if a man with a Health Canada permit to grow marijuana was in full compliance after an explosion on Saturday. A hydroponic grow operation was found in the southwest Calgary home. Two men suffered serious burns. METRO

1 news

Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

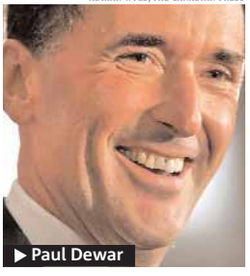
The persistence of the European debt crisis likely means we're in for another up-and-down week on the stock market. Video at metronews.ca/video

Follow us on Twitter @metrocalgary

Dewar enters NDP leadership race

Worked as aid worker in Central America, public school teacher, union executive before winning at polls

ADRIAN WYLD/THE CANADIAN PRESS



▶ Paul Dewar

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

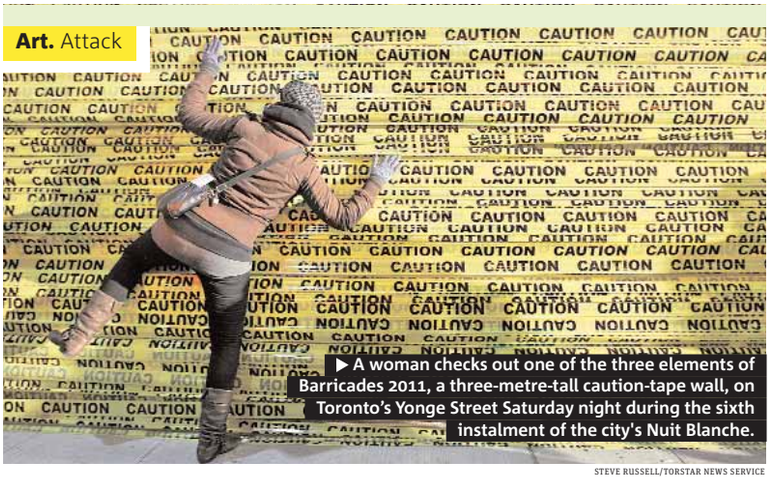
"For me and thousands like you, working hard, growing our party are the bedrock for electoral success."

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin.

With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap. "French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed. THE CANADIAN PRESS

Art. Attack



▶ A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street Saturday night during the sixth instalment of the city's Nuit Blanche.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

Sixth person on wanted list arrested

The federal government has announced the arrest of a sixth person on the Canada Border Services Agency's wanted list.

Public Safety Minister Vic Toews yesterday identified him as Orret O'Neil Brock. THE CANADIAN PRESS

INCOME TAX COURSE

Flexible hours. We're hiring.

Curriculum – During the 9-week course, students study the basics of income tax preparation including current laws, theory and application.

Successful students receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

H&R Block knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

Classes begin mid-Oct. You may choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations, starting dates, tuition, etc.

Tax Training School begins October 12, 2011.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.

H&R BLOCK®

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.

THE ENCLAVE
AT CASTLE KEEP

CONTEMPORARY.
STYLISH. AFFORDABLE.
NEW WESTSIDE TOWNHOMES.

1170-1450 square foot two & three bedroom townhomes with two car attached garages in Aspen Hills. VIP registrations at homesbyavi.com/theEnclave

FROM THE LOW $300s

homesbyavi.com/theEnclave

AVIurban

Prices subject to change without notice. E.O.E.

Visit a Scotiabank® branch and you could

WIN a $10,000 PRIZE*!

Buy your Fee-Free* American Express®[1] Travellers Cheques at Scotiabank.

ALSO VISIT WEEKLY FOR YOUR CHANCE TO **WIN $500!**

metronews.ca/scotiabank

® Registered Trademark of the Bank of Nova Scotia. ®1 Used by Amex Canada Inc. under license from American Express. *No purchase necessary. Contest Sponsors: Amex Canada Inc. and the Bank of Nova Scotia ("Scotiabank"). The Contest Period starts at 9:00 a.m. ET on October 3, 2011 and ends at 7:00 p.m. PT on November 30, 2011. The contest is open to all residents of Canada who have reached the age of majority in their province/territory of residence on or before October 3, 2011. To enter, purchase in a single transaction, $1,000.00 CDN equivalent in American Express Travellers Cheques at any Scotiabank branch during the Contest Period. There is one (1) prize available to be won consisting of $10,000 CDN cash deposited into a Scotia Money Master® Savings Account. Odds of winning depend on the number of eligible entries received. Winner must correctly answer a mathematical skill-testing question. To opt out of automatic entry into this Contest, email your request with your full name and address to the Independent Contest Organization at: amexoptout@themarcocorporation.com. For complete rules and regulations including information about how to make a no purchase entry visit www.scotiabank.com/travellerscheques or your local Scotiabank branch for details.

Serbian police detain extremists

Gay pride event and anti-gay protests banned due to fears of violence Authorities criticized for plan

Serbian police detained six people yesterday and prevented a gathering of a pro-Russian far-right group that threatened to burn an EU flag and spit on the portrait of the U.S. ambassador in Belgrade.

Police issued a ban on a gay pride event and anti-gay protests this year, saying that extremists had planned to set fires in Belgrade and provoke clashes that could lead to bloodshed and wider unrest.

Serbia has faced Western pressure to protect gay and other human rights activists if it wants to one day join the European Union.

100

Number of people who were injured during last year's gay pride parade in Belgrade.

The six who were arrested on Sunday in central Belgrade had masks and baseball bats, said senior police official Srdjan Grekulovic.

Police also prevented a protest on nearby Mount Avala by the Nasi group — an affiliate of a Russian organization of the same name — which was going to burn the EU flag and spit on Ambassador Mary Warlick's portrait, Grekulovic said.

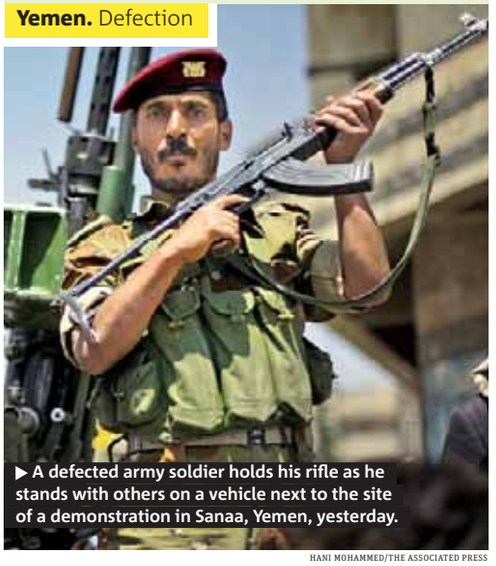
Nasi said that police took away the portrait of Warlick, who earlier this week publicly supported Serbia's gay pride march and urged the Serbian authorities to secure the event.

The gay activists held an "indoor pride" event in a conference room in downtown Belgrade. They said the state ban of their gathering showed the country's weakness in the face of violent threats by extremists.

"This is the only pride we could hold," said Goran Miletic, one of the organizers.

THE ASSOCIATED PRESS

Yemen. Defection



▶ A defected army soldier holds his rifle as he stands with others on a vehicle next to the site of a demonstration in Sanaa, Yemen, yesterday.

HANI MOHAMMED/THE ASSOCIATED PRESS

Soldiers killed by warplane

Calls for the resignation of Yemen's President Ali Abdullah Saleh continue to grow a day after a government warplane bombed an army position in southern Yemen, killing at least 30 soldiers. The strike appeared to be a mistake, but the soldiers hit were from a unit that had defected to side with protesters seeking the president's ouster.

Biden's brother OK after powder scare

The brother of Vice-President Joe Biden says he was kept overnight at a Florida hospital after opening a suspicious package containing a powdery substance.

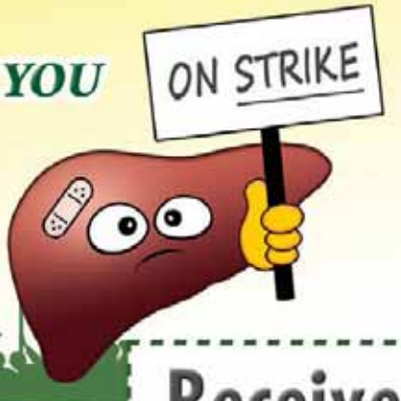
The envelope was mailed to Francis Biden's Ocean Ridge home. Biden tells The Palm Beach Post that his girlfriend retrieved the package from his mailbox Saturday afternoon, but that he opened it.

Biden says white powder spilled from the envelope onto his skin. He says he immediately called authorities, who evacuated neighbours and closed the street.

Biden and his girlfriend were taken to a hospital. The woman was released Saturday, and Biden was released yesterday morning.

THE ASSOCIATED PRESS

YOUR LIVER WORKS HARD FOR YOU
MAKE SURE IT DOESN'T GO ON STRIKE!



Cleansing your liver can help to:
- LOWER CHOLESTEROL
- INCREASE ENERGY
- IMPROVE SKIN
- ENHANCE DIGESTION
- LESSEN PMS SYMPTOMS

Liver Detox is a 30 day kit designed to support, protect and detoxify the liver.

Critical Omega is a one per day high potency fish oil that can lower LDL cholesterol and improve general liver function.

Organic Clear Fibre is the perfect fibre to take while cleansing the liver. It contains 9.5 grams of fibre per serving and acts like a 'sponge' to absorb toxins.

Receive
$2.00 OFF
your purchase of ANY*
RENEW LIFE PRODUCT

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.

* **Limit one coupon per purchase (Individual FitSMART Bars Excluded). Coupon expires October 31st, 2011.**

RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE
TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

Learn How to Buy U.S. Property at a 70% Discount!

$51,323 PROFIT in First Deal!

"We didn't know anything about real estate until we met MMG a few months ago. We invested $100K into 3 condos and made a quick sell for 51K profit" – Mary and Lou V.

Canadians are cashing-in . . . buying properties cheap, selling quickly and CASHING-OUT FOR PROFIT!

U.S. REAL ESTATE at 70% OFF!

4 PLEX
Paid $45 K
Remodel $15 K
Sold $85 K
PROFIT $25 K

3 BR HOME
Paid $60 K
Remodel $20 K
Sold $115 K
PROFIT $35 K

CONDO
Paid $45 K
Remodel $6 K
Sold $95 K
PROFIT $44 K

SPECIAL BONUS!
VACATION GETAWAY!
3 Days/2 Nights!
When you attend

CANADIAN INVESTORS
30K Condos for Sale in Florida, Arizona & Las Vegas

Millionaire Mentor Group "The U.S. Properties Specialists"

Exclusive to Canadian Residents!

If you're looking to create instant cash and long term wealth, then its time to take advantage of this incredible opportunity. You don't need experience you just need the desire to take action and follow the Millionaire Mentor Group's Step-by-Step Formula that will show you how to create your own personal real estate cash cow. Attend this FREE 2 hour seminar and find out how you can **Buy and Sell 3 PROPERTIES** in the next **30 to 60 DAYS** and put an **EXTRA $15,000** in your pocket each month! Take advantage of the U.S. financial meltdown just like so many other fellow Canadians and buy U.S. Property at **HUGE DISCOUNTS!**

At this FREE 2 hour seminar, you'll learn how to spot a **DEAL, SECURE SHORT OR LONG-TERM FINANCING** and put **THOUSANDS OF EXTRA DOLLARS** in your pocket each month on any one of many the MLS properties available.

REGISTER TODAY!
And receive a free instant downloadable e-book.

INVEST IN U.S. FOR PROFIT

*Find Out How to **Buy and Sell 3 PROPERTIES in 30-60 DAYS** and make an **EXTRA $15,000** every month!*

Millionaire Mentor Group presents...

CALL 1.800.868.4914

register online at www.todaysmillionaire.com

CALGARY	CALGARY	CALGARY
Tuesday, October 4	**Wednesday, October 5**	**Thursday, October 6**
2 pm or 7 pm	2 pm or 7 pm	10 am or 2 pm
DELTA CALGARY SOUTH	**CARRIAGE HOUSE INN**	**COAST PLAZA HOTEL**
135 Southland Drive SE	9030 MacLeod Trails S	1316 33rd Street N.E.

© 2011 Millionaire Mentor Group. All Rights Reserved. No properties will be offered at seminar. Seminar is for education purposes only.

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Roderick Hazewinkel packs water samples into a cooler on the shore of the Athabasca River, down stream from many oilsands projects near Fort McMurray, Alta.

Keeping close tabs on the oilsands

Federal and Alta. governments pledged to upgrade monitoring last year following release of scathing reports

Rod Hazewinkel fills a jar with water from Alberta's Firebag River, a short helicopter ride from the oilsands. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored, isn't near any oilsands mines. The blobs floating down the river come from the oilsands themselves — not the energy development that exploits them.

"There's a natural level of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Last year, the federal and Alberta governments announced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental concerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline to the U.S. And, tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the impacts.

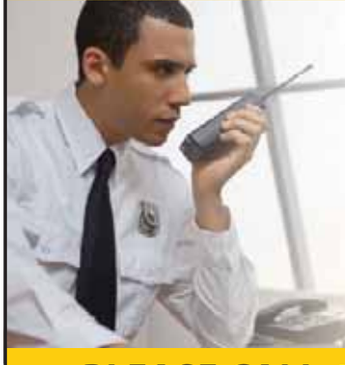
"It's a world-class resource and it needs a world-class monitoring system to assure us that the resource is being developed sustainably and responsibly," says Dan Wicklum, Environment Canada's director of water science. "We must have that assurance in order to do business."

Scientists like Hazewinkel and bureaucrats like Wicklum are on the front line of implementing that system, with talk of environmental limits and new regulations.

But this will be expensive at a time when Ottawa and Edmonton are cutting environment budgets.

THE CANADIAN PRESS

Alberta Security Training Academy



Security Guard Training
Licensed by the Solicitor General & Ministry of Public Security
• Alberta Basic Security Training
• PPCT • First Aid/CPR
• Private Investigation Course
Now booking for evening courses

PLEASE CALL 403-453-1186
www.albertasecuritytrainingacademy.ca
info@albertasecuritytrainingacademy.ca

Wall Street protesters keeping up the march

STEPHANIE KEITH/THE ASSOCIATED PRESS

▶ Police arrest a protester on New York's Brooklyn Bridge during Saturday's march by Occupy Wall Street.

Protesters speaking out against corporate greed and other grievances were maintaining a presence in Manhattan's Financial District yesterday even after more than 700 of them were arrested during a march on the Brooklyn Bridge Saturday in a tense confrontation with police.

The group Occupy Wall Street has been camped out in a plaza for nearly two weeks staging various marches, and had orchestrated an impromptu trek to Brooklyn. They walked in thick rows on the sidewalk up to the bridge, where some demonstrators spilled onto the roadway after being told to stay on the pedestrian pathway, police said.

The march shut down a lane of traffic for several hours. The majority of those arrested were given citations for disorderly conduct and were released, according to police.

The group had meetings and forums planned for yesterday at Zuccotti Park, the private plaza off Broadway they have occupied.

Protesters also assembled Saturday in Albuquerque, New Mexico, Boston and Los Angeles to express their solidarity with the movement in New York. THE ASSOCIATED PRESS

March footage

- The NYPD released video footage to defend its stance on the arrests made.
- Videos taken show a confusing, chaotic scene with some protesters screaming obscenities at police and officers struggling with people refusing to get up.

Journey may taint our food

Outbreaks of listeria and other illnesses linked to tainted food are becoming more common, partly because of how long it takes to get food from the farm to the fork.

A cantaloupe grown on a Colorado field may make four or five stops before it reaches the dinner table. Imported fruits and vegetables have a longer journey.

The Colorado cantaloupe crop that's linked to 84 illnesses and as many as 17 deaths in 19 states has travelled so far that producer Jensen Farms doesn't know where the fruit ended up.

The company said that it can't provide a list of retailers because the melons were sold and resold. It named 28 states where the fruit was shipped, but people in other states have reported getting sick.

"The food chain is very complex," says Sherri McGarry, a senior adviser in the Food and Drug Administration's Office of Foods. "There are many steps, and the more steps there are the harder it can be to link up each step to identify what the common source" of an outbreak is.

Fewer and larger farms and companies dominate food production. Now, many in the produce industry have come together to try to improve the ability to trace food from field to plate. THE ASSOCIATED PRESS

Seaway strike looms

Negotiators are battling the clock as they try to prevent a strike that would shutdown the St. Lawrence Seaway, one of North America's major shipping routes.

Some 450 workers — members of the Canadian Auto Workers union — are set to walk off the job. CAW spokesperson Shannon Devine told The Canadian Press that the bargaining would continue right up until the strike deadline.

The St. Lawrence Seaway Management Corp said Friday that in the event of a strike the Seaway would be closed, in an orderly manner, to all traffic.

The Seaway allows for large freight ships to travel between the Atlantic Ocean and the five Great Lakes — serving some of the most important industrial cities in Canada and the U.S. and providing a route for the export of grain and other commodities.

Federal Labour Minister Lisa Raitt has urged both sides to reach an agreement, warning that any work stoppage could hurt Canadian businesses and the economy.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 62.48 (11,623.84)	- 1.07¢ (95.40¢ US)

Oil	Natural gas 1,000 cu ft
- $2.94 US ($79.20 US)	$3.666 (- 8.1¢)

Gold contracts $1,622.30 (+ $4.20)

PUT THIS IN YOUR PIPE AND SMOKE IT

HIGH PLAINS DRIFTER

JAMES CALLSEN
METRO CALGARY

As the leaves turn to gold, the air turns crisp and the mind drifts towards football and hockey season, we're starting to see the first signs of the Tory majority in the House of Commons.

Harper and his crew are getting set to table the bills they'd been pushing since their minority government, even since the days of the Reform Party.

Goodbye, gun registry; so long, Canadian Wheat Board; hello, stiff penalties to criminals and mandatory minimum sentences.

Regardless of how you feel about guns and wheat, the average Canadian generally feels the same way about law and order: Lock up the bad guys and make them pay for their crimes; don't cheat the system; and if you're a real dirtbag, we want you locked away for a long, long time. And essentially, that's what the Tories are attempting to sell us as the vital parts of their big, tough-on-crime omnibus bill.

"Ask yourself, what's worse? The creep who preys on kids? Or the pothead who's tending to his plants, watching Bruce Lee movies and falling asleep on the couch? "

At first glance, it is tough. Mandatory minimum sentencing for plenty of crimes relating to violence, sexual assault and crimes against kids. But deep inside the bill, there are some things that I'm guessing the average Canadian doesn't feel so strongly about. I'm talking about the heavy penalties for marijuana-related crimes.

Within the new bill, a grow operation of six pot plants will net you six months in jail. Half a dozen plants isn't exactly a Tony Montana-sized operation.

In fact, the harvest off of six plants is just slightly more than what the average house full of serious pot-heads inhales in a year. It's not a major source of illicit cash. The proceeds from a six-plant grow-op could barely buy a decent 15-year-old car.

While six months might not seem like a lot of time to you, take this into consideration: The sick and perverted creep who exposes himself to a child? Makes them watch a dirty movie? What's the mandatory minimum? A measly 90 days.

That's half of what a pothead gets.

Ask yourself, what's worse? The creep who preys on kids? Or the pothead who's tending to his plants, watching Bruce Lee movies and falling asleep on the couch?

The Harper government has long touted itself as being the common-sense party.

But it makes little to no sense to lock someone up, feed them, clothe them and take care of their medical needs for half a dozen plants.

James Callsen is the news voice on one of Calgary's top rock stations, x92.9. Follow him on Twitter @newsboycallsen

Splitting some wood for Haitian relief effort

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

A Cochrane tae kwon do black belt is headed to Haiti to lend a hand with rebuilding efforts.

But first, his hands had to be put to a more destructive use.

Cameron MacDonald of Trinity Tae kwon-Do broke boards as part of a fundraiser to send a group of Cochrane firefighters, area residents and himself to Haiti to pitch in with relief work.

Sponsors were encouraged to pledge $5 per board as MacDonald took to the Cochrane RancheHouse to split some wood for a good cause.

"It was amazing to have local residents … be a part of something like this. I think that my fundraising idea resonated with many people."

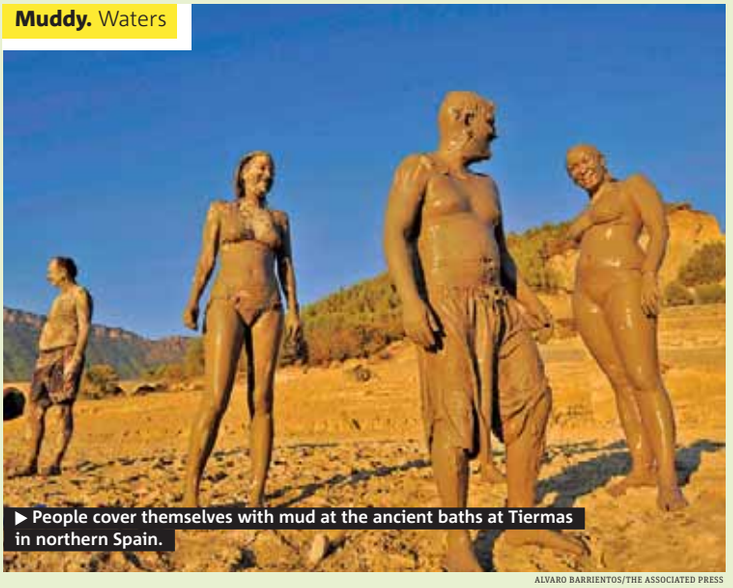
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@TANY36:** #YYC what's those lights in the sky we are in country hills and we can see them
- **@michelleseto:** Watching @nenshi on W5 - great ideas to ponder about #yyc future funding
- **@ChairDave:** Impressed by Allison Redford's commitment to education. Adequate, sustainable and predictable funding key! #yeg #yyc #asba #abed #epsb #ata
- **@vsp:** Just checked out the bar at the Capital Hill CA in #yyc. #yyccc Pretty fun bunch of guys and gals. :)
- **@trevorbacque:** Does anyone in #yyc know how to recycle VHS tapes? Or if this is even possible? #recycle #recycling #vhs
- **@K_O_cowtown:** #yyc Is it Alfred Hitchcock day or something? what's with all the freaking crows in Edgemont.
- **@yyc_mom:** Do they still have milkmen in #yyc? I miss running to the door every Tues morning when I was a kid to get the cold bags of milk. It was fun!
- **@alisonborealis:** A very unique day: my friend & dressed the same, & at the park: remote control tanks, & nearly a dozen people in mascot costumes. wtf #yyc

Muddy. Waters



▶ People cover themselves with mud at the ancient baths at Tiermas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Photo of the day

People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

WEIRD NEWS

@thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country? Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." **THE ASSOCIATED PRESS**

metro
METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB • T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca • **Publisher** Steve Shrout, **Managing Editor** Darren Krause, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** Dave Mak • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

comwave
Long Distance

Long Distance
Lowest Rate GUARANTEED
Crystal clear quality

from 3.9 ¢/min	from 5.9 ¢/min	7.9 ¢/min	1.9 ¢/min	7.9 ¢/min
Bangladesh	Iran	Lebanon	Romania	Ukraine

Australia 1.9 ¢/min	Israel 1.9 ¢/min	South Korea 2.9 ¢/min
Bosnia 13.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min
China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E. 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K. 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
Germany 1.9 ¢/min	Poland 1.9 ¢/min	Serbia 7.9 ¢/min
India 2.9 ¢/min	Russia from 1.9 ¢/min	

Our Lifetime Rate Guarantee

- ✓ No matter what country you call
- ✓ No matter what rate you see advertised from any other competitor....

We'll Beat It!

Make long distance calls from your
Home or Mobile Phone

Unlimited Canada

- ✓ Unlimited calling to anywhere in Canada
- ✓ Available on your home or cell phone

$5 /month

1 Cent to India

- ✓ Calling India at only 1¢ per minute
- ✓ Available on your home or cell phone
- ✓ $10 - 1000 - 1¢

1 ¢ / min

comwave
www.comwave.ca

1-866-769-9603

Follow Us...

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or interest services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

comwave
Home Phone

Home Phone Line

6 Months FREE

Your satisfaction is guaranteed or you don't pay!

Limited Time Offer
6 Months FREE
On Any Plan

3 Great plans to choose from:

Unlimited Local

$14.95 /month

- ✓ Unlimited local calling
- ✓ 14 free features

Unlimited Canada

$19.95 /month

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited Canada calling

Unlimited Global

$29.95 /month

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited North America calling
- ✓ Unlimited calling to almost 60 countries

comwave
www.comwave.ca

1-866-769-9603

Follow Us...

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any errors in pricing or information at any time. HOME PHONE LINES VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 1th term and includes a 30 day Satisfaction Guaranteed period. The Global Plan includes a 30 day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 1 months free for a total of 6 months free. Terms and conditions apply, see www.comwave.ca for details.

2 scene

Stars shine on Walk of Fame

Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

PHOTOS: AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, "unless she's been sneaking out at night and crawling on red carpets," he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

"It's very surreal because when I said I wanted to be successful I just meant, 'Make a living,' I didn't really think, 'Get a star,' I didn't think, 'Have people know my name,'" Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

"To have people want to step on my (name) on the street is pretty cool. I can't wait for when it's really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that's when I know I really came up."

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

"The Walk of Fame is a huge deal — you consider the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd," said the Winnipeg-born hitmaker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy Sideways as "one of the greatest movies ever."

Oh said she was thrilled to meet Burton and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

"It's just quite hilarious and odd and I never thought that this would happen," said Oh, now best known for her co-starring role on the TV medical drama Grey's Anatomy.

Richler's widow Florence attended on Richler's behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been "amused" by the fanfare, adding that she herself felt the honour was "overdue."

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience "overwhelming."

"I'm not used to the red carpet," the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. "It's good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized," said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS

▶ Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada's Walk of Fame.

Box office

A dolphin has dethroned The Lion King at the weekend box office. Dolphin Tale held up well with $14.2 million in its second weekend to take over at No. 1 from The Lion King, which had been the top movie the last two weekends. Studio estimates Sunday showed The Lion King slipping to third-place with $11.1 million, just behind Brad Pitt's Moneyball, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS

Russell Brand to be first guest on Rosie O'Donnell's new Oprah Winfrey Network talk show.

Kutcher and Moore seeking marital help

Rumours continue to swirl about impending split and Ashton's infidelity

Ashton Kutcher and Demi Moore have reportedly been working all summer to save their relationship, though it appears the efforts were in vain.

"(Demi) and Ashton had been receiving counseling from Kabbalah over the summer to try to fix their marriage," a source tells Entertainment Tonight, adding that the couple have been living apart for some time.

Moore is said to be "sad, hurt and embarrassed" by Kutcher's latest cheating scandals and rumors about an impending split.

She's likely also troubled by the fact that Kutcher is no longer following her on Twitter.

METRO

"(Demi) and Ashton had been receiving counselling from Kabbalah over the summer to try to fix their marriage"
SOURCE

ALL PHOTOS GETTY IMAGES

▶ Ashton Kutcher and Demi Moore

Talking points

Cowell admits show biz gets in way of his relationships

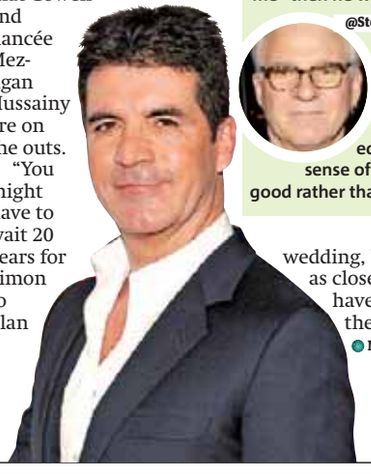
NOT ON THE OUTS Simon Cowell admits that with the X-Factor taking up so much of his time, his love life — and impending nuptials — have to take a back seat.

"It has probably been the busiest year I've ever had. Making the choice to get married is something you just have to decide when the time is right," Cowell says, according to Hollyscoop.

And his rep is quick to dash rumors that Cowell and fiancée Mezhgan Hussainy are on the outs.

"You might have to wait 20 years for Simon to plan a wedding, but they are as close as they have ever been," the rep insists.

METRO



Celebrity tweets

@aplusk
"When you ASSUME to know that which you know nothing of you make an ASS out of U and ME"

@joelmchale
"Come on guys, give it a break. Nancy Grace's nipple did not "slip out". It was trying to escape."

@JonahHill
"Saw a guy texting on a Segway. If he was texting anything but "Everyone's laughing at me" then he was wrong. "

@SteveMartinToGo
"After much thought, I have decided to use my sense of humor for good rather than for evil."

Reid gets small piece of Pie

Things could get awkward on the American Reunion set if the subject of paychecks ever comes up, as producers reportedly snagged a return appearance by Tara Reid for much less than other cast members.

Reid signed on with the picture — a sequel to the 1999 film American Pie — for a reported $250,000, according to the Hollywood Reporter, while costars Jason Biggs and Seann William Scott each got $5 million and a share of grosses. And How I Met Your Mother star Alyson Hannigan earned a reported $3 million. METRO

▶ Tara Reid

▶ George Clooney

Clooney defends ex-girlfriend

George Clooney is rushing to ex-girlfriend Elisabetta Canalis' defense after an article in Us Weekly claimed she'd sent angry text messages to Clooney and his current girlfriend, Stacy Keibler.

"I never comment on my personal life unless it affects others, and this lie affects others," Clooney said in a statement to the magazine. "Since I would be the only actual witness, I ask you to correct your story immediately, but that would assume you cared at all about telling the truth." METRO

"I ask you to correct your story immediately."
GEORGE CLOONEY

FROM THE PRODUCERS OF DAWN OF THE DEAD
THE THING
IT'S NOT HUMAN. YET.
SUBJECT TO CLASSIFICATION
IN THEATRES OCTOBER 14
YOU COULD WIN A PASS FOR TWO TO THE SPECIAL ADVANCE SCREENING OF
THE THING
WIN
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

3 life

Father death rates

Fatherhood may help keep a man alive. A study suggests dads are less likely to die of heart-related problems than childless men.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving 138,000 men.

THE ASSOCIATED PRESS

Parenting advice book from teen perspective emphasizes open dialogue with kids.

Recipes for happy guests

You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant Food blogger Beatice Peltre shares ideas for all dinner guests

Vegetarian. Pea risotto with basil and lemon

Preparation:

1. Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.
2. Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.
3. Stir in the cheese, cream and herbs and stir. Stop the heat, cover and leave to rest for 2 minutes. Squeeze lemon juice on top and stir again. Serve drizzled with olive oil.

Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraiche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

Gluten intolerant. Root vegetable soup

Preparation:

1. In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and coriander. Cook for 3 minutes until the onion and leek are soft.
2. Add the garlic and cook 1 more minute. Add the sun dried tomato paste and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for 20 minutes. Discard the bay leaf and thyme. Transfer the soup to the bowl of a food processor and purée until smooth.
3. For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraiche, squash, cheese, parsley and truffle oil.

Ingredients:

- Olive oil
- ¼ chopped red onion
- 1 leek (white part only) chopped
- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored, seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and diced red kuri squash
- 1 bay leaf
- 1 tbsp sugar
- 5 cups cold water

Garnish:

- crème fraiche
- ½ cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil

Please calm down, stressed dad

ISTOCK IMAGES

▶ No need to freak out, dads. There are answers to all parenting questions.

▶ Jim Lin, the man behind Busy Dad Blog, teaches us how to chill ▶ According to Lin, the lesson here is: "Go with the flow. Parenting isn't that hard. You just need to understand that your priorities have shifted."

MICHAEL FREIDSON
LIFE@METRONEWS.CA
METRO WORLD NEWS

I'm exhausted and all the baby wants to do is play.

Put your baby in the crib with a bunch of her favourite toys in it. Sit down next to the crib and play as long as you can. You will inevitably wake up in a pool of your own drool, with carpet fibres all over your face, but your baby will be safe (and usually asleep, too) in her crib. I have found that when your baby wants you to play, he or she is cool with you merely being in the room, even if you are snoring on the floor in your underwear.

We're late for an engagement in the big city — yet again. And the whole world seems to be walking slower, not making room for the stroller and all our stuff.

Don't even sweat it. If it's an event where you are bringing your baby, the person who planned the event should already know that your attendance will resemble that of the cable repairman: "Sometime between noon and 4 p.m."

My wife needs her sleep, the baby's crying but I absolutely have to take out the recycling and it's one thing too many for tonight.

"Put the baby in a safe place (like her crib) and take out the recycling. She will not break. Trust me."
LIN OF BUSY DAD BLOG

As a new parent, you learn quickly that babies will cry. Put the baby in a safe place (like her crib) and take out the recycling. She will not break. Trust me.

The teacher has it out for my kid, I'm pretty sure.

This actually happened to us before. Sometimes, simply talking to the teacher and hearing her side of the story will do the trick. If the teacher sees that you recognize the difficulty and are willing to work with her on it by laying down consistent standards or ground rules at home and school, that will give her hope. When a teacher "has it out" with a kid, it's usually because he or she has given up. If you make the effort to work with the teacher, then he or she is less likely to give up. At worst, it's one school year, right? Again, your kid won't break. Trust me.

I had plans with my guy friends tonight, without my baby. But the sitter fell through and it's all on me. I don't know what to do.

When you have a baby, that's when you realize who your true friends really are. If the plans are unchangeable, then they will do their thing without you and not sweat it, and you will stay home and take care of the baby. Suck it up, dad. This comes with the territory. If plans are changeable, your friends will come over and have a few drinks with you before continuing on with their evening. Yes, you can drink in moderation with your kid in the house. You are a responsible adult, remember?

For more information check out busydadblog.com.

October 6
is National Depression Screening Day
for ONE DAY ONLY use this QR code or visit:
www.test4depression.net
for a simple and confidential depression test, to see where you stand.
Community Partner:
Calgary Counselling Centre
Calgary Chamber of Commerce
in business together

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

Right equations for solving your child's math problems

Homework is getting done but your child is struggling in math class According to Brent Davis, a University of Calgary professor, it may be a lack of deep conceptual understanding

Now that children have settled in to their school year, teachers and parents might be noticing that time spent on math homework doesn't necessarily add up to success.

A Calgary educator suggests that some kids may not be getting the deep conceptual understanding they need.

"One of the things we're finding is teachers tend to have kind of a rich range of interpretations for concepts, but they're not always aware of the range of interpretations they have or that they're using," said Brent Davis, a professor and chair of mathematics education at the University of Calgary.

For example, he said there are at least 12 distinct interpretations of multiplication offered between Grades 1 and 7, "but only one is made explicit: repeated addition, repeated addition, repeated addition."

"So kids also need to be made explicitly aware that it could be understood in terms of area making, in terms of hopping along a number line, in terms of stretching a number line, in terms of scaling, and the list goes on," he explained.

"Teachers are aware of these and use all of them. They just have forgotten that they know them."

"To light the fires and get them excited about the subject, I'm all for using puzzles and games."
RON LANCASTER, PROFESSOR

At cocktail parties, parents will tell him they liked math or were good at math until about Grade 6.

That jibes with the fact that the big explosion of interpretations around basic operations happens about Grade 5 or 6, he said.

Ron Lancaster, a professor at the Ontario Institute for Studies in Education in Toronto, said he feels strongly that educators need to present math in a different way to kids who don't get it.

He suggested an approach that involves art — for instance studying the work of the late American artist Sol LeWitt.

"Much of his work is very mathematical. That's something that kids could study and learn about, and then end up learning the mathematics through the back door."

In the area of literature, he recommended The Housekeeper and the Professor by Yoko Ogawa.

"It's a great novel that incorporates a lot of mathematics into the story," he said.

Tracy Solomon, a developmental psychologist at the Hospital for Sick Children in Toronto, said she can't emphasize enough that the comfort level of parents when it comes to math will have an impact on their children.

It is "such a shame" when adults transmit to kids a fear or loathing of math, she indicated.

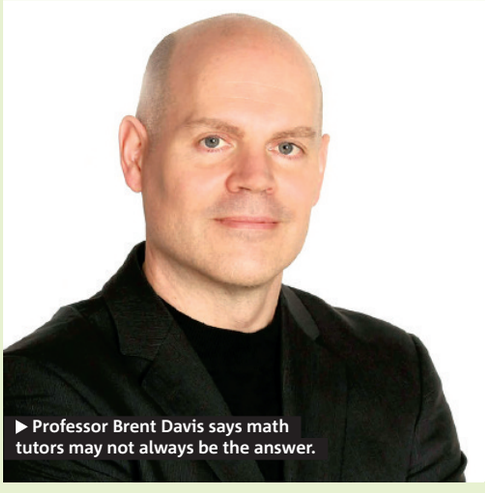
"Math is part of your everyday life," she said, noting that kids can count cupcakes at the bakery and help to figure out costs at the supermarket checkout.

"We all use it and we all have to use it."

Society in general — and a lot of teachers — have a tendency to label kids as being good at math or not, and there has to be a willingness to reach all children, at all times, she said.

Practise is key, and a lot can be done to close the gap between those who enter kindergarten with a familiarity of number, measurement and geometry terms, and those who don't. THE CANADIAN PRESS

THE CANADIAN PRESS H/O



▶ Professor Brent Davis says math tutors may not always be the answer.

Math tips from the experts

Ron Lancaster, professor at the Ontario Institute for Studies in Education
"There's a field called recreational mathematics that involves some beautiful engaging mathematics, you know, that's really neat and intellectually very strong."

Tracy Solomon, developmental psychologist at the Hospital for Sick Children in Toronto
"[Start at an early age]. For example, you can practise counting tasks with small sets of objects."

Brent Davis, a professor and chair of mathematics at the University of Calgary
"We don't need people who are good human calculators any more, and frankly, as someone who has instructed mathematics at the post-secondary level, people who come from heavily rote-based tutoring are lost in first-year university. They simply are not prepared to grapple with the conceptual complexity of the concepts that arise."

Every day 27 Canadians are diagnosed with a brain tumour.

Symptoms can include:

Blurred or double vision
Weakness
Personality changes
Morning nausea and vomiting

braintumour foundation OF CANADA
braintumour.ca/BTAM
1-800-265-5106

NEED A CAR?
THE COACH GETS YOU IN THE GAME!
GET THE BEST TERMS & CONDITIONS!
•
GET COMPETITVE RATES!
CALL OR E-MAIL WES, THE CREDIT COACH TODAY!
403-407-1719
creditcoach@villagehonda.com

VILLAGE MOTORS CREDIT
A DIVISION OF CROWFOOT VILLAGE HONDA

Classic and perfect for fall

Take traditional onion soup and add mushrooms for an earthy twist

The dark, rich broth and cheese-encrusted top are perfect for fending off a chilly evening.

This version adds a few more members of the onion family, a handful of herbs, as well as the earthiness of mushrooms.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe makes four servings.

Preparation:

1. Cut dried mushrooms into pieces; place in heat-safe bowl. Pour boiling water over mushrooms; set aside.
2. In saucepan over medium heat, melt 45 ml (3 tbsp) butter. Add onions and cook until well browned, stirring regularly, 15 mins. If onions begin to brown too fast, add water. When onions are browned, add wine and stir to deglaze pan. Add leeks, shallots, garlic, thyme, rosemary and 30 ml (2 tbsp) butter.
3. Increase heat to medium-high and cook until leeks tender, 8 mins. Add flour; stir to coat. Pour in broths, stir and bring to boil. Add steeped mushrooms, reduce heat to simmer for 10 mins. Add salt, pepper.
4. Heat broiler. Ladle soup into 4 oven-safe crocks. Top each with slice of bread and cheese. Arrange crocks on a rimmed baking sheet, place under broiler and cook until cheese melts and begins to brown, 2 mins. Serve with chives. **THE ASSOCIATED PRESS**

Ingredients:

- 1 pkg (60 g/2 oz) dried porcini mushrooms
- 250 ml (1 cup) boiling water
- 75 ml (5 tbsp) butter
- 3 sweet onions, sliced
- 50 ml (1/4 cup) white wine
- 2 leeks, white parts only, cleaned and sliced
- 2 shallots, chopped
- 2 cloves garlic, minced
- 30 ml (2 tbsp) each chopped thyme, rosemary
- 45 ml (3 tbsp) all-purpose flour
- 500 ml (2 cups) each chicken and beef broth
- Salt and black pepper
- 4 slices stale crusty bread
- 4 slices fontina cheese
- Chopped fresh chives

Rose Reisman's Swap It

With Chinese food, you eat, burp and eat again! It fills you out, but not up. Chicken is usually healthier than beef — but not in this case.

MANCHU WOK HONEY GARLIC CHICKEN

450 CALS/ 22 GM FAT/ 3 GM SATURATED FAT/ 890 MG SODIUM

THE TITLE DOESN'T TELL YOU THE CHICKEN IS BATTERED AND FRIED. THIS SMALL MEAL IS ONE THIRD OF YOUR DAILY CALORIES AND FAT. IT EQUALS ALMOST THREE QUARTER CHICKEN DINNERS FROM SWISS CHALET IN FAT.

SWAP IT!

MANCHU WOK SPICY BEEF

180 CALS/ 13 GM FAT/ 1.5 MG SATURATED FAT/ 560 MG SODIUM

NO BREADING OR FRYING HERE. "SWAP IT" WEEKLY AND YOU'LL LOSE FOUR POUNDS AT THE END OF THE YEAR.

FOR MORE, VISIT ROSEREISMAN.COM

Miso's mushroom treatment

There are a couple of tricks that make this soup great — and great for your weight. The soup is thick, but won't thicken your waistline the way most creamy mushroom soups will. That's because used are unctuous mushrooms, steeped to pull out flavour.

Preparation:

1. In saucepan, combine chicken broth, water and dried shiitakes. Bring to boil, then immediately turn off, cover pan and let sit for 10 minutes to reconstitute mushrooms.
2. Use slotted spoon to remove mushrooms from liquid. Cut off and discard tough stems, then chop into chunks.
3. Return saucepan of broth to medium heat. Whisk in miso and soy sauce, then add reconstituted and fresh mushrooms. Bring to simmer, cover pot, let sit 5 mins.
4. Remove cover and bring soup back to simmer. Season with pepper, then ladle into bowls. Top each serving with scallions. **THE ASSOCIATED PRESS/ ROCCO DISPIRITO**

Ingredients:

- 1 L (1 quart) fat-free, reduced sodium chicken broth
- 250 ml (1 cup) water
- 37 grams (1 1/4 oz) dried shiitake mushrooms
- 23 ml (1 1/2 tbsp) miso paste
- 15 ml (1 tbsp) low-sodium soy sauce
- 280 grams (10 oz) mixed fresh mushrooms, such as shiitake, oyster and cremini
- Ground black pepper, to taste
- 3 to 4 scallions, sliced

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Miso soup is a great appetizer for sushi.

WagJag.com DEAL OF THE DAY!

62% Off Auto Tune-Up

HIGHLIGHTS

- Includes oil & filter check, antifreeze & coolant replenishment, break inspection, tire inspection and rotation, fluid level check, steering, suspension, condition, belts, hoses, exhaust system and lights check.
- Alberta Motor Vehicle Industry Council approved facility.
- Licensed Certified Mechanics.

Regular Price: $90
You Save: $56
Discount: 62%

Different kind of poetry

DARRYL DYCK/THE CANADIAN PRESS

▶ Jodie Nichols takes part in the World's Worst Poetry slam in Vancouver last month.

When Sara Bynoe's heart was tossed in a blender and pulverized at age 14, she vented her roiling anguish by writing 16 lines of poetry.

All but one started with the f-word. (And in that line, the expletive came second.)

Five years later, Bynoe stumbled across a binder of an ex-boyfriend's old poetry. She just had to phone a friend.

"We laughed," she recalled of the recitation. "And I went, wait, wait, wait — I have some really terrible stuff I wrote when I was a teenager, it's only fair."

What started as a deliciously devious romp through nostalgia spawned a popular website compiling "the world's worst poetry." Next came a spin-off live event inviting audience members to share their own.

From obvious rhyming to appallingly atrocious alliteration, Bynoe was among the first on the scene to showcase bad writing for its own sake.

Her quarterly Teen Angst poetry night has garnered an intense following in Vancouver, a city otherwise known for its illustrious authors and as the birthplace for poetry slams in Canada.

Counterpart events have since popped up in various iterations, from Grownups Read Things They Wrote as Kids in Toronto to events like Cringe in Brooklyn, N.Y.

Bynoe also hosts Say Wha?! where performers read others' embarrassing and painfully earnest writing.

The gatherings end up feeling like a slumber party, where deep secrets are laid bare, she said.

"What they get out of it is a group hug, and being able to laugh at yourself," said Bynoe, now a 31-year-old actor, writer and comedic performer. "That's my motivation for doing it, to stop taking yourself so seriously.

"You can learn from your teen angst."

Reese McBeth read an 18-year-old journal entry at the show last week, sending the room into titters.

"It's cathartic," said the 32-year-old, after describing how at age 14 puberty felt like dying.

"Revisiting this stuff just reminded me that I was a lot more normal than I thought I was as a child." **THE CANADIAN PRESS**

SUBMITTED

▶ Ellen Campbell is the founder of the Canadian Centre for Abuse Awareness.

'The best way to heal is to reach out'

Ellen Campbell doing her best to help abuse victims

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When Ellen Campbell is happy, her smile can light up an entire room. Not many know about the dark days she has gone through because of the sexual abuse she suffered as a child.

As she careened through adulthood she was always chased by depression. She became suicidal and ended up in a hospital psychiatric ward.

"I wanted to kill myself and I didn't know why. As I was lining up for my pills I knew that if I didn't fight back it would end badly. It was a turning point in my life and I realized I needed help."

She founded the Canadian Centre for Abuse Awareness in 1993 and today with the help of supporters like John Derringer and Q107 radio, they help over 200,000 women, men and children a year.

"Society is finally recognizing the damage that abuse causes. The best way to heal is to reach out for help."

October is Child Abuse Awareness month.

Numbers

- One in three females and one in six males experience some form of sexual abuse before the age of 18.
- 80 per cent of all child abusers are family or a close friend.
- 75 per cent of mothers are not aware of the incest in their family.
- 80 per cent of prostitutes were sexually abused as children. **SAFEKIDSBC.CA**

We salute you Ellen Campbell, and all the amazing people that work to protect men, women and children and bring awareness to this issue.

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: October 12th - 16th
Next Seminar: Oct 25th @ 7pm
Travelodge University Hotel
www.globaltesol.com
GLOBAL TESOL COLLEGE

Feature Walters
A WALTERS GROUP COMPANY
www.featurewalters.com
Progressive Toronto-based ultra-custom architectural design/build firm is looking for Production Worker.
Helpers wanted for site installation work in Calgary. Two month initial project with six month's work immediately following at same site for right candidates. Must supply own PPE and transportation.
Please send resumes to careers@featurewalters.com
If you have submitted a resume in the past please consider re-submitting.
No calls or faxes please.

ARE YOU LOOKING FOR A JOB?
Sears
SEARS WAREHOUSE - AT 25 DUFFERIN PLACE SE IS CURRENTLY ACCEPTING APPLICATIONS FOR THE FOLLOWING PART TIME POSITIONS
• Fork Lift Operators • Material Handlers • Maintenance Personnel • Loss Prevention Associates
Come and join our team at the Sears Warehouse. You will find the culture and work environment a refreshing change from what you are used to.
WALK IN INTERVIEWS ARE WELCOME MONDAY TO FRIDAY 9:00 am- 3:00pm
You may also fax your resume to 403 203-3110, drop off your resume - we are open 24/7 or email your resume to cjobs@sears.ca.
Start rate for various positions $13.00-$14.00-$14.75
Applicants must be motivated team players and able to lift up to 50 – 60 lbs
No previous experience required/Training is provided. On site gym. Calgary Transit available. Excellent Staff Discount.
A Great Place to Work!
Sears offers all our associates training, competitive benefits and compensation plan which includes an associate discount.

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

HANDOUT/THE CANADIAN PRESS

▶ An Australian jewel beetle is seen on a beer bottle.

Who says science and research can't be fun?

Male beetles found making love to beer bottles

A paper on beer bottle-mating beetles was the toast of the Ig Nobel Prizes, which honour research tickling both the brain and the funny bone.

Research co-authored by University of Toronto professor Darryl Gwynne and his Australian colleague David Rentz was the winner in the biology category. The awards ceremony was held at Harvard University on Thursday.

A parody of the Nobel Prizes, the Ig Nobel Prizes are handed out annually by the scientific humour magazine Annals of Improbable Research. The awards are "intended to celebrate the unusual, (and) honour the imaginative" while generating public interest in science, medicine and technology.

HANDOUT/THE CANADIAN PRESS

▶ Darryl Gwynne

Gwynne and Rentz were honoured for their 1983 paper Beetles on the Bottle: Male Buprestids Mistake Stubbies for Females. Gwynne joined U of T's Mississauga campus in 1987 and conducted his research as a post-doctoral fellow at the University of Western Australia in Nedlands.

While carrying out field work and walking along a dirt road in Western Australia, Gwynne and Rentz observed male Australian jewel beetles trying to crawl atop or along the side of scattered brown beer bottles, or "stubbies."

Gwynne said the stubbies resemble a "super female" jewel beetle in shape and hue, big and orangey-brown in colour. The bottles also feature a slightly dimpled surface near the bottom — aimed at preventing the bottle from slipping out of one's grasp — that reflects light in much the same way as female wing covers. The beetles' longing for loving was so strong that they fried to death under the hot sun trying to mate with the bottles and ignored the females. They were eaten by hungry ants or had to be removed by the researchers.

THE CANADIAN PRESS

Own up to your actions

Imagine arriving late for a meeting after ignoring the email outlining the agenda, then tucking into a pungent lunch while loudly relating some juicy gossip about your co-workers.

While you'd surely become the subject of water-cooler chatter yourself, your colleagues might be more inclined to forgive it all if you just own up to your actions, a new survey suggests.

A survey conducted by LinkedIn, a high-profile social network for professionals, found a majority of participants ranked failure to take responsibility for actions as their No. 1 pet peeve in office environments around the world.

Of nearly 17,000 LinkedIn users across 16 countries, 78 per cent said they were driven to distraction by those who refused to hold themselves to account or own up to mistakes — the top issue in every country, LinkedIn said.

Peeved off

- According to the survey, in terms of sheer numbers of pet peeves, India came out on top, showing a particular dislike for obnoxious cellphone ringtones.

Constantly complaining co-workers ranked second on the list of annoyances, followed by those who leave common areas cluttered or dirty.

Considering most employees are most concerned about their own careers, the findings come as no surprise, said LinkedIn spokeswoman Danielle Restivo.

"If someone hasn't taken ownership for their actions, it could affect you in some way," Restivo said.

"That could have an effect on your career, and that's the last thing you want. At the end of the day, that's going to get to you more than a stinky fridge."

Not surprisingly, the prominence of other office irritants varied by country.

Some 58 per cent of Canadian women frowned on revealing office attire, compared with just 26 per cent of men, Restivo said, although respondents in Sweden and Italy were more tolerant.

Canadians are also easily bugged by those who show up late for meetings, but more accepting of office gossip than other countries — particularly Brazil, where cubicle-whispering ranked second in the list of national gripes.

Overall, though, Canadian workers appear quick to aggravation, ranking fifth on the list of "most peeved countries," ahead of the United States in eighth place.

THE CANADIAN PRESS

Health Care Aide Program

Graduates work on a variety of nursing units, in acute care hospitals, long-term care settings such as nursing homes and auxiliary hospitals and in the community providing homecare. Potential to earn an income between $13.25 - $20.33 per hour to start.

This 15 week program is designed to give both health care skills theory and field-based cooperative education experiences in smaller classes. The program is based on the Government of Alberta 2010 Health Care Aide Curriculum.

Call today! 403-648-2265!

COLUMBIA COLLEGE

802 Manning Rd N.E. Calgary, AB
www.columbia.ab.ca/m

Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle. SAIT Polytechnic's School of Health and Public Safety is offering the following fast-track programs for January 2012.

STERILE PROCESSING TECHNICIAN
Train for the critical role of cleaning, packaging, sterilizing, storing and handling of sterile supplies and surgical instruments.

HEALTH INFORMATION OFFICE ASSISTANT
Gain the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing and patient scheduling.

MEDICAL LABORATORY ASSISTANT
Learn to collect, process, and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

PHARMACY ASSISTANT
Prepare for a career in a community-based retail pharmacy where you'll receive and prepare prescriptions, manage inventory and work with the public.

SAIT Polytechnic is also offering a PREVENTIVE DENTISTRY MODULE for dental assistants, beginning February 2012.

START YOUR CAREER
IN HEALTHCARE TODAY

APPLY NOW AT SAIT.CA OR
CALL 403.284.7333
FOR MORE INFORMATION

FURTHER YOUR PASSION

SAIT POLYTECHNIC

Small switches, big results

Canadians are changing their thermostats after toxic level of mercury discovered Find out why

While many Canadians have switched to environmentally preferred transportation alternatives and are drinking from eco-friendly water canteens, Canadian families and businesses should also be considering the environmental implications of their everyday behaviours within their homes and offices. Something as small as a thermostat can have a negative environmental impact if it is not disposed of properly due to the highly toxic levels of mercury contained within some of these units.

Mercury is a potent and hazardous neurotoxin, which is dangerous to the health of people and wildlife. Older mechanical thermostats can have one to four mercury switches, each containing approximately 2.5 grams of mercury. Just one gram of mercury is enough to contaminate an eight-hectare lake to the point where the fish in that lake are inedible for one full year.

A mercury-containing thermostat is not a direct threat to your health and safety as long as the glass housing for the mercury switch is intact. The risk to the environment and human health comes when end-of-life mercury thermostats are not disposed of responsibly. If an old thermostat is thrown out with regular household or business waste, the mercury ends up in landfill and contaminates our soil water.

In order to prevent mercury-containing thermostats from causing distress to the environment, the Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI) has developed a thermostat recovery program called Switch the 'Stat to encourage Canadians to replace their old thermostats with energy-efficient, programmable units to help reduce energy consumption and greenhouse gas emissions, while ensuring that their old devices do not end up in landfills. Together with their network of registered contractors and wholesalers, HRAI ensures that old thermostats are properly disposed of to keep mercury from leaking into our environment.

Since the program's inception in 2006, Switch the 'Stat has recovered more than 45,000 mercury-containing thermostats, which contained over 71,000 mercury switches.

The mercury reclaimed to date would have been more than enough to contaminate all the fish in some of Canada's favourite lakes including Lake Simcoe in Ontario, Kootenay Lake in B.C. and Lake Manitoba. **NEWS CANADA**

Website

How to find someone to help you out.

Website You can find a technician in your area who can help ensure your thermostat is responsibly recycled online at switchthestat.ca.

NEWS CANADA

▶ Changing your thermostat is a small move that can have big implications on your future health.

Service Directory
To advertise contact Carmen Kuhmayer at 403-539.4950

HEALTH AND WELLNESS

bodhi

You are all invited to join us for Meditation on Twin Hearts on Friday evenings at 7:30 PM. This is a simple, yet powerful meditation with physical, mental, & psychological benefits. This meditation is free and open to people 16 years and older. To learn more about this meditation, visit us at
www.bodhiwellbeing.com or call 403-918-6225

FINANCIAL AND CONTRACTORS

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM
club metro

GETTING CAUGHT UP ON EATING FISH WITHOUT THE USUAL POLLUTANTS

I like to eat tuna but I know it contains mercury. Is there tuna with low levels of mercury?
Christine of Edmonton

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

There is such a thing as low-mercury tuna — albacore.

This is the best choice, allowing you to maximize the health benefits of high omega-3 fats, yet minimize contaminants like mercury and reduce unnecessary bycatch. Choose the most sustainably harvested type, caught by troll/pole from Canadian and U.S. Pacific waters.

It's available year-round fresh, frozen, canned, or smoked.

Albacore tuna is low in fat, high in protein, with not only an abundance of heart healthy omega-3 fatty acids but antioxidant rich selenium, too. It's low in mercury and other pollutants because the fish are caught at a young age, before they accumulate high levels of toxins.

The Environmental Defense Fund website edf.org says we can safely eat up to four servings a month of albacore tuna.

Steer clear of bluefin tuna.

HANDOUT

▶ Bluefin tuna is among the most overfished stock.

This species is large, fast, and tasty, but rare, like endangered species rare.

Because Atlantic bluefin often sells for more than a thousand dollars a kilogram, it's being pushed ever closer to the brink of extinction.

So, don't be that guy.

There are many more healthy and sustainable seafood options.

Visit SeaChoice.org, Canada's most comprehensive sustainable seafood program to download a printable seafood guide, or get their free app at the iTunes store.

David Suzuki Foundation

ISTOCK IMAGES

metro calgary
metronews.ca
MONDAY, OCTOBER 3, 2011

Think Pink

October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

Bare breast stats

Get the stats on breast cancer:

- **An estimated** 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- **On average,** 445 Canadian women are diagnosed with breast cancer every week.
- **One in nine** (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- **Breast cancer** also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.
- **At present,** the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer have an 87 per cent likelihood of living for five years after their diagnosis.
- **Breast cancer** death rates have declined in every age group since the mid-1990s.
- **Of the women** who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.

SHOW SUPPORT – Proceeds from sales of these pink products support Breast Cancer initiatives.

CIBC PINK COLLECTION™

Make a donation and select a gift. 100% of funds to Canadian Breast Cancer Foundation. Thanks for raising over $7 million to date!

Available at all CIBC branches

Visit cibc.com/runforthecure

CIBC Pink Collection is a ™ of CIBC

PINK RIBBON SMOKE ALARM

Your purchase will help First Alert® contribute a minimum of $50,000 to the Canadian Breast Cancer Foundation

EARLY DETECTION SAVES LIVES

Canadian Breast Cancer Foundation
CIBC Run for the Cure®
First Alert®

‘Keep climbing’

It’s been nearly a year since Metro’s Jodi Brown was told she had breast cancer right before her 39th birthday The mother of two shares her story ‘My Metro horoscope that day read: You were born to reach the top of your chosen profession. So start climbing.’

Jodi Brown is shown playing with her two boys.

A few thoughts

I’m eight weeks after treatment and odds are very, very good that I’m forever breast cancer free. But, if you are just starting this journey, here are five random insights:

- **Hot girls get breast cancer.** You’re in good company. Think Christina Appelgate, Sheryl Crow, Kylie Minogue…
- **Real hair wigs are worth every penny.** Don’t let anyone convince you that the synthetic hair wig at half the price will do. It won’t. It gets fuzzy and awful and looks bad.
- **Eyelashes have a purpose other than batting at boys.** Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.
- **During chemo,** when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.
- **Don’t take your horoscope literally.** But keep climbing.

In the middle of my workday — climbing to the top of my chosen profession of course — I went to my doctor’s office.

My actual doctor, let’s call him Dr. D (because that’s what I actually call him) wasn’t there so the doctor on duty, let’s call her Doctor XX (because I can’t remember her name), did a routine breast exam.

While palpating around she felt something and had me feel it too. Something small, hard and round — like a pea. Textbook right?

She reassured me that it was probably a cyst and would likely shrink or clear in a week or two. Days passed, then weeks, and it didn’t. Not even a little bit.

I hadn’t planned to tell my boyfriend. If it turned out to be cancer, I was going to make an excuse to break up with him. I mean, who would ask a brand spanking new boyfriend to deal with Cancer Girl.

And then, out of the blue, he noticed the little lump. There it was. He reassured me that he wasn’t going anywhere. I replied that I wouldn’t give him the choice. When I got my diagnosis I called and told him to break up with me, but he still wouldn’t.

Dr. XX was there for my follow-up. She told me there was still no reason to worry; it could be a lot of things. I cried anyway. She took pity and sent me for an ultrasound and mammogram to ease my mind.

I called my best friend to meet me for support. As we waited in the hallway (men aren’t allowed in the actual waiting room), I told him I was sure I had cancer. He crumpled up the package from the bagel he’d brought me and tossed it at me. We played paper bag catch for the next hour — it felt like 10 — while we waited.

I was eventually brought in and squished in the mammogram machine. The results were negative. It was double-checked with an ultrasound, and it took the doctor less than a minute to tell me that the lump I’d been obsessing about for two weeks was a lymph node that had floated down into my breast. It was absolutely nothing to worry about.

I was ready to jump up and kiss him on the mouth when he said he saw something in a different part of my breast. He was 99 per cent certain it was nothing, just a little cloudiness on the ultrasound, but he’d recommend a biopsy to be sure. I charmed him into performing the biopsy right there on the ultrasound table.

I walked back into the hall and hugged my BFF. I didn’t have cancer. We had a beer. I went home that night and told my two sons I was sorry I had been acting weird for the last two weeks. “I thought I had cancer but I don’t.” Then I did the “I don’t have cancer” happy dance. They were unimpressed. I’m a terrible dancer.

I returned to Dr. D’s a week or so later for a referral for one of my sons. After 20 minutes waiting in his office, I was getting pissed. The doctor walked into the room with my file, not my son’s.

“You have cancer.” (Well, you already know this isn’t an I-don’t-have-cancer story.) “Listen, I wouldn’t want to be sitting in your chair but if I had to be sitting in your chair and be told I had cancer, I’d want to be told I had breast cancer. It’s one of the ones we now understand, and typically the prognosis is good. I’m going to refer you to the breast centre.”

I had a surgery decision to make. There was cancer in my right breast for sure, but seven biopsies on the left side later and it was still uncertain if it was in both.

Testing positive for BRCA (the “breast cancer gene”) gives you a 60 per cent chance of developing breast cancer in your lifetime. I decided to get a bilateral mastectomy because I was reasonably sure I’d test BRCA positive — my grandmother had breast cancer and I’m of Ashkenazi Jewish decent, which also increases my chances. (My results, which came back months after my surgery, determined I didn’t carry the gene.)

And — more importantly for me — I had decided to have breast reconstruction at the same time as the mastectomy, and I figured if you have to get one new breast, you might as well get the other to match.

Jodi with her boyfriend Matt.

After surgery I woke up high as a kite on morphine. It wasn’t easy to come out of that surgery, but without the breast reconstruction it would have been 1,000 times harder.

I later learned that Dr. C gave my sisters and my boyfriend high fives while I was in the recovery room. The surgery had gone well and by all early accounts I wouldn’t need radiation because it didn’t look like any cancer was near my chest wall nor had it metastasized into my lymph nodes.

I thought I was out of the water decision-wise after the surgery, but now I had to choose whether to go with the post-surgery recommended course of six rounds of chemo as “insurance,” in case a cancer cell had escaped into my blood stream.

I didn’t want to go through chemo. Remember, I was “born to be at the top of my profession” and I was supposed to be “climbing” there.

But, how terrible would I feel if I turned down the “insurance” of chemo and then didn’t get a chance to see my sons grow up. I decided to go forward with the 18 weeks of treatment.

Brand new breasts

My surgical oncologist, the amazing, sensitive Dr. C (she’s the best. Tweet me at @luckyjodi if you want her full name; hint: it starts with a “C”), recommended I postpone reconstruction to be “safe.”

If you get immediate reconstruction and need radiation, it might mess up your new boobs. On the flip side, the immediate reconstruction gives the best and most natural results if you don’t need radiation.

Dr. C said a recommendation for delayed reconstruction was typical in Canada, where we tend to be more conservative, whereas in the U.S. immediate reconstruction is more common.

Recognizing my struggle, she ensured that I met with every specialist I could to help me evaluate the chance of success with immediate reconstruction. I liked my odds and my sister gave me a “I’d do it” so I gave the thumbs up to replacing my old cancerous breast/s with brand new silicone-filled ones immediately after surgery.

Arriving at that decision made me feel instantly relieved. I had control over something and I actually kind of liked the idea of brand new breasts.

ALL PHOTOS PROVIDED BY JODI BROWN

▶ Jodi waking up after surgery.

▶ Jodi's sister Caitlin shaved her head to support her sister.

I was worried that, as a woman in business, showing people I had cancer (hard to hide when you're bald or wearing a wig and lose your eyelashes and eyebrows) would make me look weak and a liability.

I didn't have to worry. My boss soon assured me cancer doesn't need to change the way you are treated or perceived at work. His support helped me "come out" in the business world, to show other women that a cancer diagnosis is not the end of the world, or your career.

Chemo sucks. Don't get me wrong. But to be honest I thought it would be even worse. I did lose my hair. I did lose almost all my eyelashes. I did lose almost all my eyebrows. Ironically I had to get my lip waxed anyway halfway through my treatment.

The best parts? Falling in love again with someone who stood by me the whole time even though he'd only known me a short time pre-diagnosis. He was awesome.

We played with a bouncy ball while chemo pumped into my veins. He made other patients smile. He made me laugh. He made me feel not-so-ugly. He went about building a new life with me as if cancer wasn't a thing.

And my kids were amazing. And my ex came around and went from bitter and resentful to understanding and empathetic.

And my colleagues were supportive and trusting that I'd come out of this better than before. And my direct reports, the managers who had to carry me when my brain was cotton candy, made me look good and took care of the things when I couldn't.

And my sisters were my rocks. And the whole entire rest of my family rallied around me.

The people who love me made it almost easy.

Managing stress can help keep you healthy

Too much stress may help trigger events that lead to cancer But you can take control with these tips

ITSOCK

▶ Try meditation or visualization techniques to quiet the mind and interrupt negative thoughts.

While some stress may actually prevent cancer, too much may overtax the immune system and other defense mechanisms and may help trigger the cascade of cellular events that leads to cancer.

One theory is that when the body tries to cope with stress, signaling pathways are turned on, some of which may be linked with cancer.

Another type of stress — oxidative stress or the body's inability to metabolize oxygen for generating energy — may also contribute to cancer risks.

Developing ways to prevent this stress is a hot topic among cancer researchers.

What we know so far is that several factors contribute to oxidative stress and cell damage, including environmental pollutants, hydrogenated fats and cigarette smoke. Try to avoid these and stick to antioxidant-rich foods (think berries, broccoli, tomatoes, garlic and green tea).

To help deal with emotional stress, women coping with breast cancer can take advantage of the free Healing Journey program, developed by Dr. Allistair Cunningham, a clinical psychologist, and offered at various Wellspring cancer support sites.

The aim of the program is to listen to each woman, help her articulate her main concerns and provide strategies for her and her family to gain some mastery over their situation, says Cunningham.

Mental health

Use mental exercises, such as meditation, imagery or visualization, to help quiet the mind and interrupt negative thought patterns.

"With a diagnosis of cancer, the single main cause of stress is not the disease itself. It's our thoughts about it," says Cunningham. "We get this stream of dreadful catastrophic thoughts about dying and about suffering, and that drags people down."

Tips for stress

Dr. Cunningham offers up some general stress management techniques.

- **Be physically active.** This not only relieves stress, but also can help prevent breast cancer recurrence.
- **Learn relaxation techniques.** Relaxing your body, one muscle group at a time, calms the mind. Do exercises like yoga and Tai Chi to relax yourself.
- **Express emotions.** This could mean talking with another person or a group of people. The Wellspring program offers support groups with a leader so each woman gets a chance to tell her story.
- **Start a journal.** Writing down your thoughts and emotions can help you sort them out and better deal with them.

4 sports

Quoted

"Right now it feels really easy. We came out and the running game started working for us. The O-line was blocking like crazy. It was just amazing seeing these holes. I followed them and they worked out."

RUNNING BACK JON CORNISH, WHO HAD THE BEST GAME OF HIS CAREER WITH 149 YARDS AND TWO TOUCHDOWNS TO LEAD THE STAMPEDERS TO A CONVINCING 40-3 WIN OVER THE SASKATCHEWAN ROUGHRIDERS ON SATURDAY AFTERNOON. CORNISH'S BIG GAME CAME WITH JOFFREY REYNOLDS SITTING OUT HIS SECOND STRAIGHT GAME AS A HEALTHY SCRATCH.

Scan code for more sports.

Tigers stay afloat in ALDS

CHRIS TROTMAN/GETTY IMAGES

▶ Detroit's Jose Valverde celebrates the final out in Game 2 of the AL division series against the Yankees yesterday.

Detroit holds on to even series as skies open up at Yankee Stadium

TIGERS	YANKEES
5	3

Detroit closer Jose Valverde held off a furious New York ninth-inning rally and the Tigers avoided a major slip-up, beating the Yankees 5-3 on a rainy evening last night to even their best-of-five AL playoff series at one game apiece.

Down 5-1, the Yankees scored twice in the ninth. New York got a chance to win it when Detroit catcher Alex Avila lost his footing on the slick on-deck circle while chasing a foul that would've been the final out.

"It's a little hard. That's what happens sometimes," Valverde said.

After his pop-up landed untouched, Curtis Granderson drew a walk. With two outs and two on, Robinson Cano came to the plate.

Cano, who hit a grand slam and had six RBIs as New York won the opener, hit a routine groundball to end it.

"All of a sudden, against anybody — but particularly against a team like them with the short porch in right field — it was not a good feeling," Tigers manager Jim Leyland said. "But it worked out OK."

Tigers starter Max Scherzer pitched no-hit ball into the sixth before Cano blooped an opposite-field single to left.

Miguel Cabrera's two-run homer in the first off Freddy Garcia gave Scherzer an early edge, and the Tigers took a 4-0 lead into the eighth.

Granderson hit a solo shot off Tigers reliever Joaquin Benoit in the eighth. Pretty soon, the rain — and all the drama — filled Yankee Stadium.

Game 3 is tonight at Detroit. In an ace rematch, CC Sabathia is scheduled to start for the Yankees against Justin Verlander. The all-stars faced each other in the series opener Friday night, but the game was suspended after only 1 ½ innings because of rain.

The Yankees lost three of four this year at Detroit and are 22-25 at Comerica Park since it opened in 2000. It's one of two AL stadiums where New York has a losing record.

The Tigers fly home with a chance to take control of the series, just as they did in 2006 when they lost the opener in New York before sweeping three straight.

Yankees manager Joe Girardi rested late-game relievers Rafael Soriano and Dave Robertson, and Detroit made it 5-1 in the ninth on Don Kelly's RBI single. THE ASSOCIATED PRESS

National League

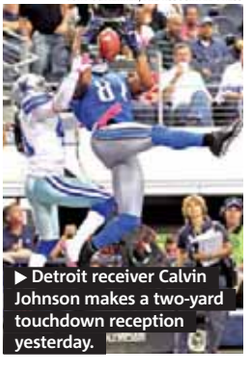
Jonathan Lucroy drove in the go-ahead run with a squeeze and the Milwaukee Brewers broke away from the Arizona Diamondbacks 9-4 yesterday to take a 2-0 lead in their NL division series.

▶ Ryan Braun, pictured, hit a two-run homer and slugger Prince Fielder added an RBI single for Milwaukee.

▶ The Brewers now hold a 2-0 lead in a playoff series for the first time in franchise history. Game 3 is tomorrow at Arizona. Milwaukee will go for a sweep when Shaun Marcum takes on rookie Josh Collmenter. THE ASSOCIATED PRESS

Lions kings of late comebacks

TONY GUTIERREZ/THE ASSOCIATED PRESS



▶ Detroit receiver Calvin Johnson makes a two-yard touchdown reception yesterday.

Matthew Stafford saw his defence start wiping out a 24-point deficit with interceptions returned for touchdowns midway through the third quarter, then he and Calvin Johnson took over from there, leading the Detroit Lions to a stunning 34-30 victory over the Dallas Cowboys yesterday in Arlington, Texas.

A week after turning a 20-point halftime deficit into an overtime win, the Lions provided further proof they're a legitimate contender this season.

Detroit is 4-0 and has won an NFL-best eight-straight games. This also was its team-record fifth-straight road win, avenging a loss here last November that was its NFL-record 26th straight road loss.

Tony Romo and the Cowboys (2-2) continued to show no lead is safe for them. They also blew a 14-point fourth-quarter lead for the first time in franchise history in the opener. THE ASSOCIATED PRESS

Around the NFL

In other action yesterday:

▶ **Bengals 23-Bills 20:** Cincinnati's rookie QB Andy Dalton, pictured, led the Bengals (2-2) back from a 17-3 halftime deficit, culminating in Mike Nugent's 43-yard field goal as time ran out against previously unbeaten Buffalo (3-1).

▶ **Texans 17-Steelers 10:** Arian Foster rushed for 155 yards and the go-ahead touchdown in the fourth quarter as Houston (3-1) overcame a hamstring injury to Andre Johnson for the win over injury-plagued Pittsburgh (2-2).

▶ **Titans 31-Browns 13:** Veteran QB Matt Hasselbeck threw three TD passes in the first half and safety Jordan Babineaux returned an interception 97 yards for a TD for Tennessee's third-straight win under first-year coach Mike Munchak. THE ASSOCIATED PRESS

Collision. Course

▶ Phillies catcher Carlos Ruiz tags out the Cardinals' Jon Jay at home plate last night in Philadelphia.

ROB CARR/GETTY IMAGES

Cardinals crash Phillies' party

John Jay knocked Carlos Ruiz backward with a hard forearm shiver, then the St. Louis Cardinals flipped the series around. Albert Pujols hit a go-ahead single in the seventh inning after Cliff Lee blew a four-run lead, and the Cardinals rallied past the Philadelphia Phillies 5-4 last night to even their NL division series 1-1. The series shifts to St. Louis tomorrow. Cole Hamels will be the third straight all-star pitcher to face the Cardinals, who will send Jaime Garcia to the mound. THE ASSOCIATED PRESS

NHL

Crosby doubtful for opener

Sidney Crosby is expected to miss the Pittsburgh Penguins' season-opener on Thursday because of a concussion sustained in January.

After the Penguins practised Saturday at Joe Louis Arena, the Pittsburgh captain said he didn't think there was a realistic chance he would play in Vancouver on Thursday night.

"No. I wouldn't expect it. No," he said.

Crosby hasn't played since taking hits in consecutive games four days apart. He has skated with the team since Sept. 17, but is not cleared for contact.

Crosby had 32 goals and 34 assists in 41 games last season, giving him a team-high 66 points.

"In terms of him and his rehab, I think it's positive," Penguins coach Dan Bylsma said. "We play next Thursday and it's a few short days away. We haven't progressed to the next level yet."

Penguins general manager Ray Shero also ruled Crosby out of the opener, and said there is no return date for him.

The Penguins wrapped up their exhibition schedule yesterday with a 3-2 loss at Detroit.

Crosby will make the trip to Vancouver for Thursday's opener before stops in Calgary and Edmonton over the weekend.

THE CANADIAN PRESS

CLOSE A GREAT DEAL

NISSAN

LOWEST PAYMENTS IN THE CITY!

2012 NISSAN VERSA SEDAN SV
auto, power options, A/C
BRAND NEW
$108 b/w
#120146

2012 NISSAN VERSA HATCHBACK
auto, power options, A/C
$119 b/w
#120110

2012 NISSAN SENTRA 2.0
auto, power options, A/C, alloy wheels
$130 b/w
#120096

2012 NISSAN ALTIMA 2.5
auto, power options, A/C, alloy wheels
$171 b/w
#120121

2011 NISSAN QUEST SV
auto, power options, A/C,
$230 b/w
#110280

2011 NISSAN TITANS SV
king cab, 4X4, auto
0% for 84 months
$234 b/w
#110384

UP TO $2,500 IN GAS! WITH PURCHASE

errors and omissions exempt, all payments except Titan are 96 month 5% APR, O.A.C

sunridgenissan.com
403-705-8415 AMVIC LICENSED

SUNRIDGE NISSAN

3131 32nd Ave NE

MAJOR LEAGUE BASEBALL

PLAYOFFS

DIVISION SERIES

All Times Eastern
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 1-1)
Yesterday's result
Detroit 5 N.Y. Yankees 3
Saturday's result
N.Y. Yankees 9 Detroit 3 (comp. of susp. game)
Tonight's game
N.Y. Yankees (Sabathia 19-8) at Detroit (Verlander 24-5), 8:37 p.m.
Tomorrow's game
N.Y. Yankees at Detroit, TBA
Thursday's game
x-Detroit at N.Y. Yankees, TBA
TEXAS (W) VS. TAMPA BAY (WC)
(Series tied 1-1)
Saturday's result
Texas 8 Tampa Bay 6
Today's game
Texas (Lewis 14-10) at Tampa Bay (Price 12-13), 5:07 p.m.
Tomorrow's game
Texas at Tampa Bay, TBA
Thursday's game
x-Tampa Bay at Texas, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Series tied 1-1)
Last night's result
St. Louis 5 Philadelphia 4
Saturday's result
Philadelphia 11 St. Louis 6
Tomorrow's game
Philadelphia at St. Louis, TBA
Wednesday's game
Philadelphia at St. Louis, TBA
Friday's game
x-St. Louis at Philadelphia, TBA
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)
Last night's result
Milwaukee 9 Arizona 4
Saturday's result
Milwaukee 4 Arizona 1
Tomorrow's game
Milwaukee at Arizona, TBA
Wednesday's game
x-Milwaukee at Arizona, TBA
Friday's game
x-Arizona at Milwaukee, TBA
x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.
October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 14-15 — General managers' meetings, Milwaukee.
Nov. 15-16 — Owners' meetings, Milwaukee.
Nov, 23 — Last day for teams to offer salary arbitration to their former players who became free agents.
Dec. 5-8 — Winter meetings, Dallas.
Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.
Dec. 11 — Collective bargaining agreement expires.

TIGERS 5, YANKEES 3

Detroit	ab	r	h	bi	New York	ab	r	h	bi
AJcksn cf	5	1	0	0	Jeter ss	5	0	0	0
Ordonz rf	3	1	3	0	Grndrs cf	4	1	1	1
Kelly pr-rf	2	1	1	1	Cano 2b	4	0	1	0
DYong lf	5	0	0	0	ARdrg 3b	3	0	0	0
MiCarr 1b	4	1	3	3	Teixeir 1b	4	0	0	0
VMrtnz dh	4	0	1	1	Swisher rf	3	1	1	1
Avila c	3	0	0	0	Posada dh	3	1	2	0
JhPerlt ss	4	0	0	0	RMartn c	2	0	0	0
Betemt 3b	2	0	0	0	Gardnr lf	2	0	0	0
Inge 3b	1	1	1	0	ErChvz ph	1	0	0	0
RSantg 2b	2	0	0	0	AnJons lf	0	0	0	1
Totals	**35**	**5**	**9**	**5**	**Totals**	**31**	**3**	**5**	**3**

Detroit	**200**	**002**	**001**	**5**
New York	**000**	**000**	**012**	**3**

E—Jeter (1). LOB—Detroit 7, New York 9. 3B—Posada (1). HR—Mi.Cabrera (1), Granderson (1), Swisher (1). SB—Mi.Cabrera (1). S—R.Santiago 2. SF—An.Jones.

Detroit	IP	H	R	ER	BB	SO
Scherzer W,1-0	6	2	0	0	4	5
Benoit H,1	2	1	1	1	0	3
Valverde	1	2	2	2	2	1
New York						
F.Garcia L,0-1	5 1-3	6	4	3	0	6
Logan	2-3	0	0	0	0	2
Wade	2	2	0	0	1	2
Ayala	1	1	1	1	0	0

Scherzer pitched to 2 batters in the 7th.
HBP—by Scherzer (R.Martin), by Ayala (Inge).
Balk—Logan.
Umpires—Home, Eric Cooper; First, Gerry Davis; Second, Dan Iassogna; Third, Ted Barrett; Right, Tony Randazzo; Left, Bill Welke.
T—3:34. A—50,596 (50,291).

BREWERS 9, DIAMONDBACKS 4

Arizona	ab	r	h	bi	Milwaukee	ab	r	h	bi
Blmqst ss	4	0	0	0	C.Hart rf	5	2	2	1
A.Hill 2b	3	1	3	0	CGomz cf	0	0	0	0
J.Upton rf	5	1	1	2	Morgan cf-rf	5	0	1	2
MMntr c	4	0	0	0	Braun lf	4	2	3	3
Gldsch 1b	4	1	1	1	Fielder 1b	4	1	1	1
COyung cf	4	1	3	1	RWeks 2b	4	0	1	1
RRorts 3b	4	0	2	0	HrstnJr 3b	4	1	2	0
GParra lf	4	0	0	0	YBtncr ss	3	1	0	0
DHdsn p	2	0	0	0	Lucroy c	3	1	1	1
Ziegler p	0	0	0	0	Greink p	2	0	1	0
Patersn p	0	0	0	0	Saito p	0	0	0	0
Shaw p	0	0	0	0	Kotsay ph	0	1	0	0
Brrghs ph	1	0	0	0	Hwkns p	0	0	0	0
Owings p	0	0	0	0	FrRdrg p	0	0	0	0
Blum ph	1	0	0	0	McGeh ph	1	0	0	0
DHrndz p	0	0	0	0	Axford p	0	0	0	0
Totals	**36**	**4**	**10**	**4**	**Totals**	**35**	**9**	**12**	**9**

Arizona	**010**	**120**	**000**	**4**
Milwaukee	**202**	**005**	**00x**	**9**

E—Ziegler (1), Y.Betancourt (1). DP—Arizona 1. LOB—Arizona 10, Milwaukee 5. 2B—C.Young (1), R.Roberts (1), Braun (2), Hairston Jr. (1). 3B—R.Weeks (1). HR—J.Upton (1), Goldschmidt (1), C.Young (1), Braun (1). SB—Bloomquist (2). CS—R.Roberts (1). S—Lucroy.

Arizona	IP	H	R	ER	BB	SO
D.Hudson L,0-1	5 1-3	9	5	5	0	6
Ziegler	0	3	4	4	2	0
Paterson	1-3	0	0	0	0	1
Shaw	1-3	0	0	0	0	0
Owings	1	0	0	0	0	1
Da.Hernandez	1	0	0	0	0	0
Milwaukee						
Greinke	5	8	4	4	0	7
Saito W,1-0	1	1	0	0	0	1
Hawkins	1	0	0	0	2	1
Fr.Rodriguez	1	1	0	0	1	2
Axford	1	0	0	0	2	2

Ziegler pitched to 6 batters in the 6th.
Balk—Ziegler.
Umpires—Home, Alfonso Marquez; First, Joe West; Second, Bruce Dreckman; Third, Jeff Kellogg; Right, Ron Kulpa; Left, James Hoye.
T—3:29. A—44,066 (41,900).

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	2	1	0	.667	60	60
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Yesterday's results
Atlanta 30 Seattle 28
Baltimore 34 N.Y. Jets 17
Chicago 34 Carolina 29
Cincinnati 23 Buffalo 20
Detroit 34 Dallas 30
Green Bay 49 Denver 23
Houston 17 Pittsburgh 10
Kansas City 22 Minnesota 17
New England 31 Oakland 19
New Orleans 23 Jacksonville 10
N.Y. Giants 31 Arizona 27
San Diego 26 Miami 16
San Francisco 24 Philadelphia 23
Tennessee 31 Cleveland 13
Washington 17 St. Louis 10
Tonight's game
All Times Eastern
Indianapolis at Tampa Bay, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Saturday's results
Calgary 40 Saskatchewan 3
Hamilton 27 Toronto 12
Friday's results
B.C. 33 Edmonton 24
Montreal 32 Winnipeg 26

CIS FOOTBALL

WEEK FIVE

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	4	3	1	0	132	34	6
Acadia	4	3	1	0	117	41	6
St. F. Xavier	4	1	3	0	57	148	2
Mt. Allison	4	0	4	0	60	174	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Laval	5	5	0	0	149	57	10
Sherbrooke	5	4	1	0	144	113	8
Montreal	5	3	2	0	96	89	6
Bishop's	5	2	3	0	122	127	4
Concordia	5	2	3	0	118	133	4
McGill	5	0	5	0	57	136	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	5	5	0	0	257	107	10
Windsor	5	4	1	0	176	100	8
McMaster	5	4	1	0	151	102	8
Queen's	5	3	2	0	142	89	6
Ottawa	5	3	2	0	124	106	6
Wilfrid Laurier	5	2	3	0	200	156	4
Toronto	5	2	3	0	42	112	4
Guelph	5	1	4	0	119	147	2
York	5	1	4	0	61	185	2
Waterloo	5	0	5	0	86	254	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Calgary	5	5	0	0	215	88	10
British Columbia	5	3	2	0	148	129	6
Saskatchewan	5	3	2	0	147	114	6
Manitoba	5	2	3	0	120	126	4
Regina	5	2	3	0	85	137	4
Alberta	5	0	5	0	78	199	0

Yesterday's results
Calgary 61 Alberta 7
Laval 37 Concordia 4
Saturday's results
McMaster 46 Waterloo 20
Saint Mary's 8 Acadia 3
Sherbrooke 20 Montreal 11
St. Francis Xavier 24 Mount Allison 17
Western Ontario 48 York 23
Wilfrid Laurier 51 Ottawa 16
Windsor 41 Guelph 21
Friday's results
Bishop's 23 McGill 18
Queen's 13 Toronto 6
Regina 26 Manitoba 18
Saskatchewan 36 British Columbia 33

TENNIS

WTA TORAY PAN PACIFIC OPEN

At Tokyo
Singles — Championship
Agnieszka Radwanska (9), Poland, def. Vera Zvonareva (4), Russia, 6-3, 6-2.
Doubles — Championship
Liezel Huber and Lisa Raymond (1), U.S., def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 7-6 (4), 0-6, 10-6 (tiebreak).

ATP MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles — Championship
Janko Tipsarevic (3), Serbia, def. Marcos Baghdatis, Cyprus, 6-4, 7-5.
Doubles — Championship
Eric Butorac, U.S., and Jean-Julien Rojer (2), Netherlands Antilles, def. Frantisek Cermak, Czech Republic, and Filip Polasek (3), Slovakia, 6-1, 6-3.

ATP PTT THAILAND OPEN

At Bangkok, Thailand
Singles — Championship
Andy Murray (1), Britain, def. Donald Young, U.S., 6-2, 6-0.
Doubles — Championship
Aisam-Ul-Haq Qureshi, Pakistan, and Oliver Marach (1), Austria, def. Michael Kolhmann and Alexander Waske, Germany, 7-6 (4), 7-6 (5).

WTA CHINA OPEN

At Beijing
Singles — First Round
Monica Niculescu, Romania, def. Li Na (4), China, 6-4, 6-0.
Marion Bartoli (8), France, def. Iveta Benesova, Czech Republic, 3-6, 6-4, 7-5.
Anastasia Pavlyuchenkova (13), Russia, def. Barbora Zahlavova Strycova, Czech Republic, 7-5, 6-4.
Sabine Lisicki (14), Germany, def. Irina-Camelia Begu, Romania, 6-2 (retired).
Kaia Kanepi, Estonia, def. Zheng Saisai, China, 6-0, 6-3.
Daniela Hantuchova, Slovakia, def. Eleni Daniilidou, Greece, 6-4, 6-2.
Dominika Cibulkova, Slovakia, def. Zhang Shuai, China, 6-0, 6-2.
Ana Ivanovic, Serbia, def. Kimiko Date-Krumm, Japan, 6-1, 6-1.
Christina McHale, U.S., def. Ayumi Morita, Japan, 6-2, 0-6, 6-3.
Carla Suarez Navarro, Spain, def. Ekaterina Makarova, Russia, 7-5, 6-1.
Maria Jose Martinez Sanchez, Spain, def. Shahar Peer, Israel, 6-1, 7-5.
Polona Hercog, Slovenia, def. Laura Robson, Britain, 6-4, 6-3.
Chanelle Scheepers, South Africa, def. Hu Yue-Yue, China, 6-0, 5-7, 6-0.

NHL

PRE-SEASON

Yesterday's results
Detroit 3 Pittsburgh 2
Washington 4 Chicago 1
At Bratislava, Slovakia
N.Y. Rangers 4 HC Slovan 1
Saturday's results
Vancouver 4 Edmonton 1
Detroit 4 Toronto 2
Dallas 4 St. Louis 0
Nashville 2 Carolina 1 (OT)
New Jersey 2 Philadelphia 1
Phoenix 3 San Jose 1
At Quebec
Montreal 5 Tampa Bay 1
At Bridgeport, Conn.
Boston 3 N.Y. Islanders 2
At Las Vegas
Colorado 4 Los Angeles 1
Today's game
All Times Eastern
N.Y. Rangers vs. EV Zug (at Zug, Switzerland), 2 p.m.
Tomorrow's games
Anaheim vs. Jokerit (at Helsinki), 12 p.m.
Los Angeles vs. Hamburg (at Hamburg, Germany), 1 p.m.
Buffalo vs. Adler Mannheim (at Mannheim, Germany), 1:30 p.m.

END OF 2011 NHL PRE-SEASON

GOLF

PGA JUSTIN TIMBERLAKE SHRINERS HOSPITALS FOR CHILDREN OPEN

At Las Vegas
Par 71
Final Round

Kevin Na, $792,000	67-63-66-65—261
Nick Watney, $475,200	65-67-64-67—263
Tommy Gainey, $255,200	67-67-64-68—266
Paul Goydos, $255,200	66-66-66-68—266
David Hearn, $149,160	**69-67-66-65—267**
Tim Herron, $149,160	65-66-67-69—267
Spencer Levin, $149,160	68-67-64-68—267
Carl Pettersson, $149,160	66-67-66-68—267
Jhonattan Vegas, $149,160	63-67-69-68—267
Also	
Stephen Ames, $38,060	**71-67-65-67—270**

NATIONWIDE WNB GOLF CLASSIC

At Midland, Texas
Par 72
Final Round
(x—won on first playoff hole)

x-Danny Lee, $94,500	64-72-68-66—270
Harris English, $56,700	69-70-62-69—270
Garth Mulroy, $35,700	67-74-67-64—272
Bob Heintz, $21,700	65-73-69-66—273
Craig Bowden, $21,700	65-71-66-71—273
Gavin Coles, $21,700	66-69-65-73—273
Dicky Pride, $16,363	68-70-69-67—274
David Lingmerth, $16,363	69-69-68-68—274
Miguel Carballo, $16,363	67-66-71-70—274
Darron Stiles, $12,600	67-69-71-68—275
Brendon Todd, $12,600	67-70-68-70—275
Roger Tambellini, $12,600	68-73-64-70—275
B.J. Staten, $12,600	63-68-67-77—275
Also	
Richard T. Lee, $2,783	**69-70-67-75—281**
Jon Mills, $1,575	**68-73-70-75—286**

SOCCER

ENGLAND

PREMIER LEAGUE

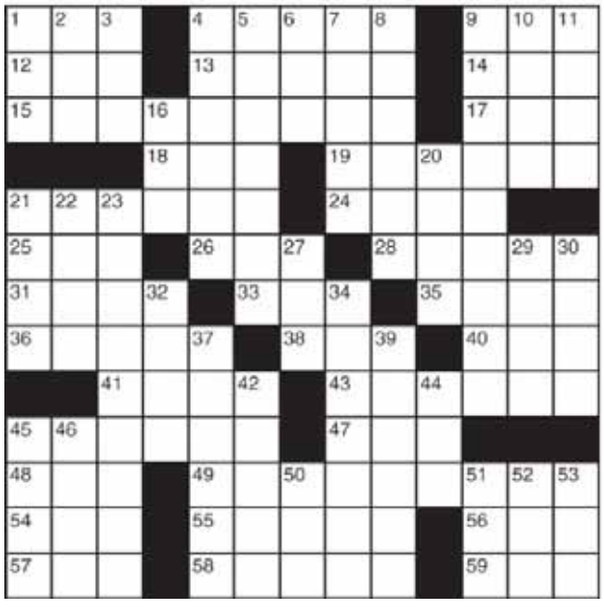
Yesterday's results
Bolton 1 Chelsea 5
Fulham 6 Queens Park Rangers 0
Swansea 2 Stoke 0
Tottenham 2 Arsenal 1

GERMANY

BUNDESLIGA

Yesterday's results
Hamburger SV 1 Schalke 2
Hannover 3 Werder Bremen 2

Crossword



Across

1 Actress Gardner
4 Vine-covered shelter
9 Owns
12 Perch
13 Wilkes-—, Pa.
14 Everything
15 Surgeons' devices
17 Reason to say "alas"
18 — constrictor
19 Addicted
21 Unisex garb
24 Spheres
25 — carte
26 "Humbug!"
28 Giggly sound
31 Columns' crossers
33 AAA job
35 Play area
36 Playful water critter
38 Dowel
40 Bankroll
41 Warmth
43 Chic
45 Burn somewhat
47 Joke
48 Goof up
49 "The Old Man and the Sea" author
54 Pistol
55 Implant
56 Literary collection
57 Praise in verse
58 Rental contract
59 Workout venue

Down

1 Fire residue
2 Compete
3 $ dispenser
4 Soak up
5 Knocking sound
6 Lingerie item
7 Lawn-care brand
8 Vacation mecca
9 Detectives
10 Lotion additive
11 Coaster
16 Kimono sash
20 Do what you're told
21 Poi root
22 Coin aperture
23 Author Nathaniel
27 Jump
29 Historic times
30 Whirlpool
32 Prognosticator
34 Women's shoes
37 Jennifer's "Friends" role
39 Rio —
42 Topic
44 Ovum
45 Lily variety
46 Gunky stuff
50 CEO's degree
51 Humorous sort
52 Whatever amount
53 Thanksgiving vegetable

▶ Friday's answer

Sudoku

3			4		1			9
		4			8			
				9			5	
8	7			2				5
		3	1		7	6		
2				6			4	8
	2			4				
			5			2		
9			2		6			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	9	4	8	2	7	1	6	3
1	3	7	6	4	5	2	9	8
6	8	2	9	1	3	7	4	5
7	4	1	2	6	8	5	3	9
2	6	9	5	3	1	4	8	7
3	5	8	7	9	4	6	1	2
8	1	3	4	5	2	9	7	6
4	2	6	3	7	9	8	5	1
9	7	5	1	8	6	3	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

SCOOBIE
*Hi mahal! I know this was your idea for me, but I thought I would try and do this for you too since you do read this more. I would only hope that this message gets published before or in time of your birthday (Oct. 31st). You've been a great partner to me, despite of our down times, we definitely have our great times. Thank you for being in my life... I love you SOOO much! *muah* ^_^*
FROM KAWAII-CHAN

Patrick
Patrick I love you! ! Im not sure if I've told you enough. I dont want to much time to pass again lifes to short my friend, Just want kisses + cuddles everything else will be ok! !!
FROM STUPID GIRL

A look at the weather

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

TODAY	TUESDAY	WEDNESDAY
Min 5° Max 21°	Min 10° Max 17°	Min 7° Max 18°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.

♉ Taurus April 21-May 21 Matters of a routine nature will take up most of your time today.

♊ Gemini May 22-June 21 This is going to be a productive week.

♋ Cancer June 22-July 22 Go out of your way to be nice to partners and colleagues today.

♌ Leo July 23-Aug.23 You will get the chance to move up in the world.

♍ Virgo Aug. 24- Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.

♎ Libra Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.

♐ Sagittarius Nov. 23-Dec. 21 Try not to get emotionally involved in other people's problems.

♑ Capricorn Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.

♒ Aquarius Jan. 21-Feb. 18 You can do almost anything you want to do this coming week, but you don't have to do everything.

♓ Pisces Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.

SALLY BROMPTON

Caption contest

CLIFF OWEN/THE ASSOCIATED PRESS

VADIM GHIRDA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Cell Phone Repair
Damaged phone? Game system? or iPod?
Want to unlock your phone?
We can fix most phones while you wait!
CPR-112
Bring this ad in on your next visit!
YOU BREAK IT, WE FIX IT. WE BREATHE LIFE INTO YOUR PHONES.
420 9737 Macleod Trail SW · 403.457.4277
www.cprcalgary.com
We Buy, Sell,Trade, Repair

THE ENCLAVE
AT CASTLE KEEP

CONTEMPORARY.
STYLISH. AFFORDABLE.
NEW WESTSIDE TOWNHOMES
homesbyavi.com/theEnclave

THE ENCLAVE
AT CASTLE KEEP

CONTEMPORARY. STYLISH. AFFORDABLE.
NEW WESTSIDE TOWNHOMES.

1170-1450 square foot two & three bedroom townhomes with two car attached garages in Aspen Hills. VIP registrations at **homesbyavi.com/theEnclave**

FROM THE LOW **$300s**

PRESENTATION CENTRE NOW OPEN

For more information visit:
9310 14th Ave SW
homesbyavi.com/theEnclave

AVIurbari

Homes by AVI

Prices subject to change without notice. E.O.&E.